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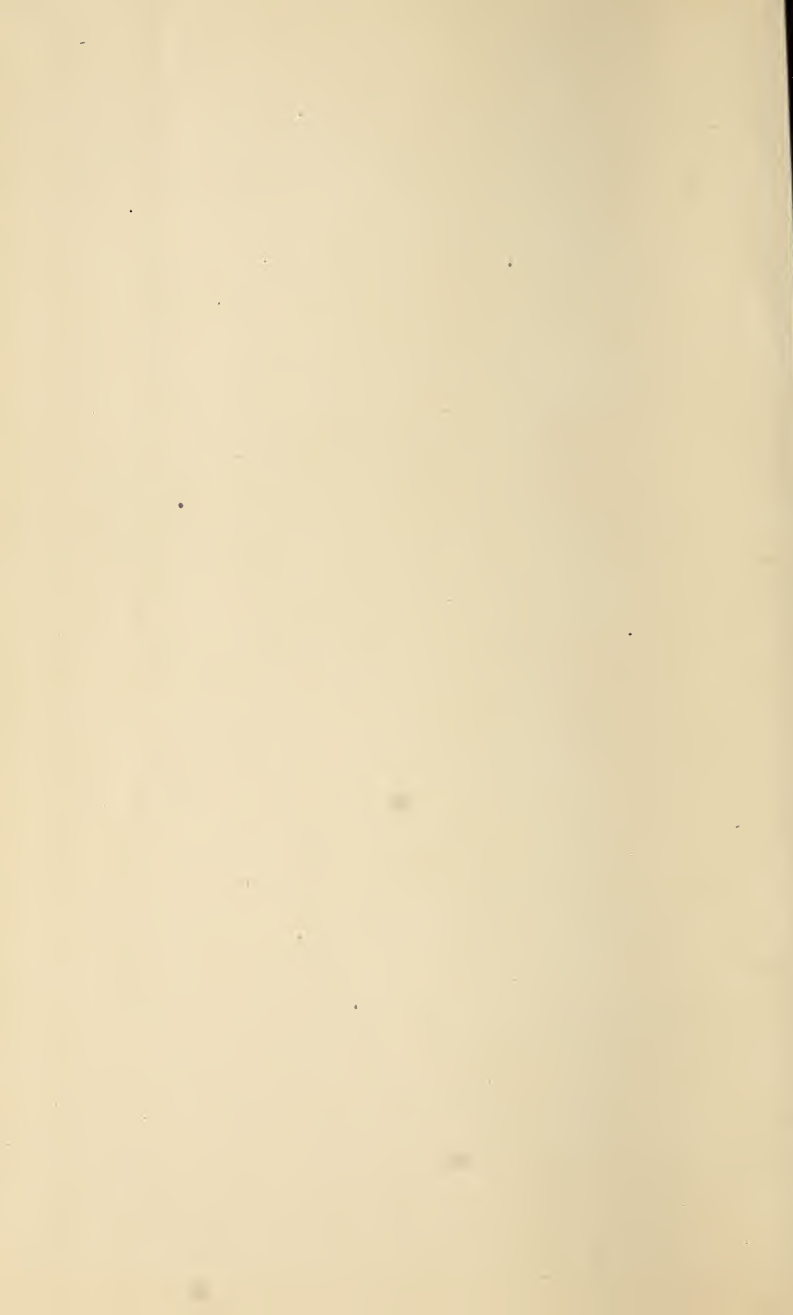


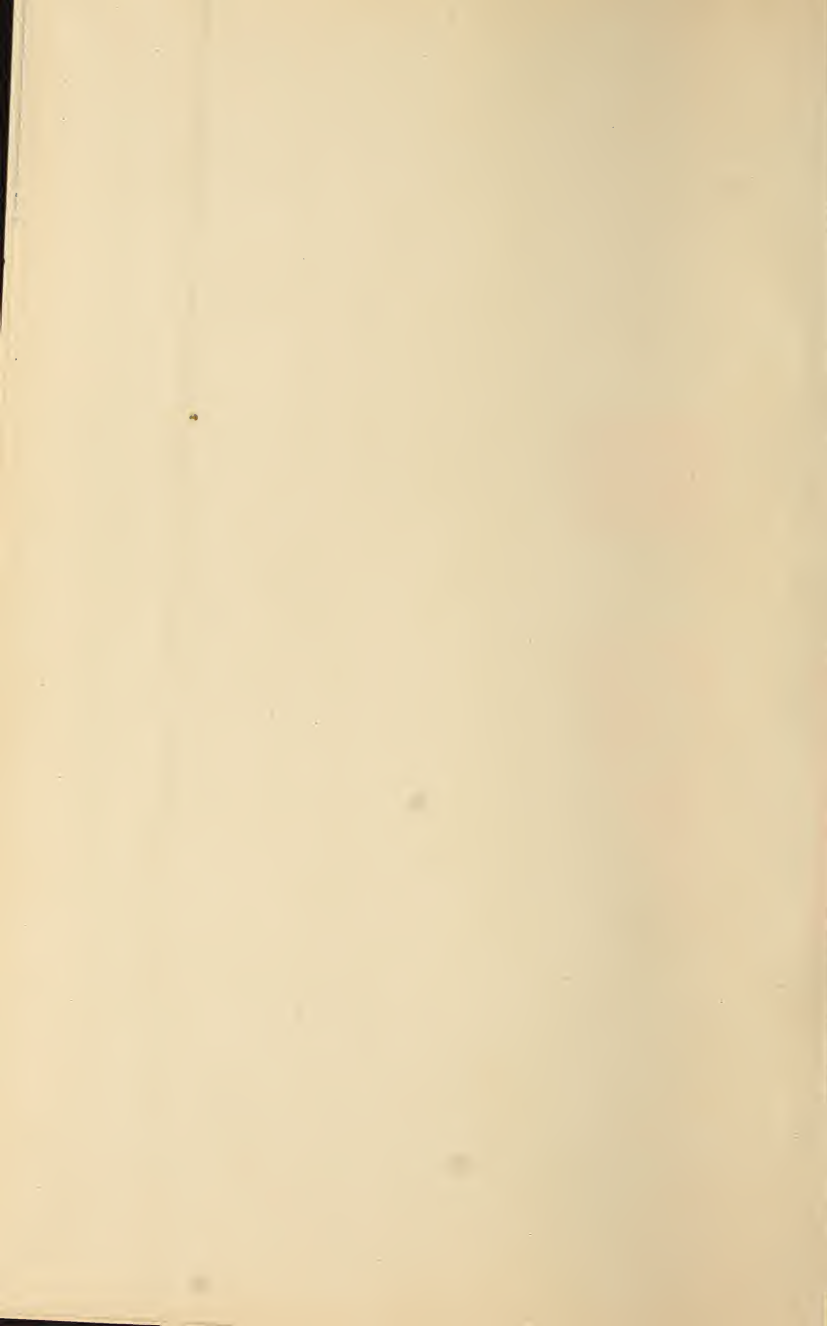
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LINEUP OF KNIGHTS OF COLUMBUS WAR SERVICE VEHICLES IN THE PLACE DE LA CONCORDE, PARIS



These trucks, cars and roller kitchens are all now in service with the American Army of Occupation, the Knights being with the most advanced outposts of the A.E.F. It is upon motor transport that the Knights chiefly relied to maintain their efficient service of supplying the American Army under fire. Many of the trucks were loaded with athletic equipment.

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Army and Navy Athletic Training

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Athletic Directors



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New York Chicago San Francisco
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PROMINENT MEMBERS AND GUESTS WHO ATTENDED THE K. OF C. CONVENTION AT THE WALDORF-ASTORIA, NEW YORK, AUGUST 7, 1918. GV171
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Contents

	PAGE
Officers of Knights of Columbus	5
The Knights of Columbus—in Peace and War.....	7
What I Saw in Europe	14
Hints From Experience	17
Jim Sullivan's Dope	23
Value of Athletic Training in the Army	29
100 Up Exercise—A Remarkable Aid to Training	31
Competitive Events for Large Numbers	35
Medicine Ball Race	35
Gun (or Flag) Relay	35
Equipment Race	36
Centipede Race	37
Crew Race	37
Rescue Race	37
Chariot Race	39
Slow Mule Race	39
Tug-of-War	41
Obstacle Race	41
Sack Race	41
Three-Legged Race	41
Potato Race	41
Wall Scaling	41
Skin the Snake Relay	42
Sample Field Day Programme	42
Suggestions for Officials	43
Sample Holiday Programme of the Army	45
Training for Athletic Events	46
Ethics of Competition	52
How to Lay Out an Athletic Track	55
How to Lay Out a Tennis Court	216

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Supreme Knight.

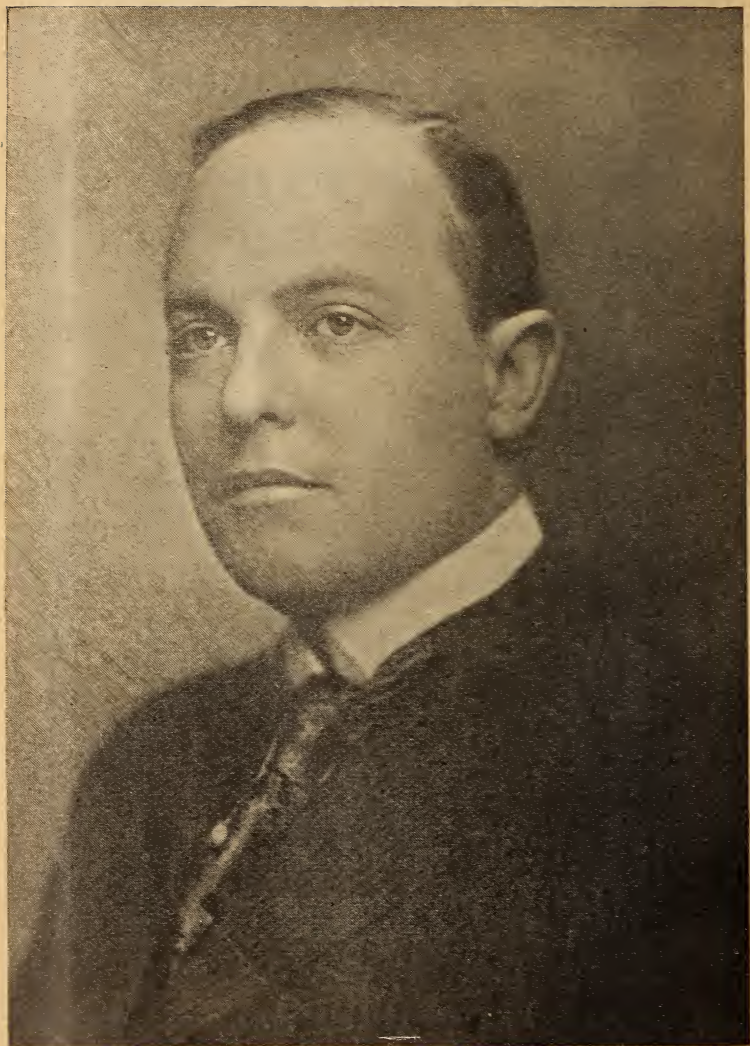
KNIGHTS OF COLUMBUS

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WILLIAM J. MULLIGAN,
Chairman Committee on War Work Activities.

The Knights of Columbus—in Peace, in War

By JOHN B. KENNEDY

The war work of the Knights of Columbus, work that has earned the praise of every American in military and civilian life, from the President down to the youngest and rawest private, and that has won support from the heads of gigantic corporations down to the humblest day laborer, is both a culmination and a stage in development. The K. of C., springing from the brain of a devout Catholic priest, was founded to serve two purposes, to provide an attractive fraternal and social organization for Catholic men and to found a Catholic society purely patriotic in spirit. The K. of C. has ably fulfilled the purpose of its origin.

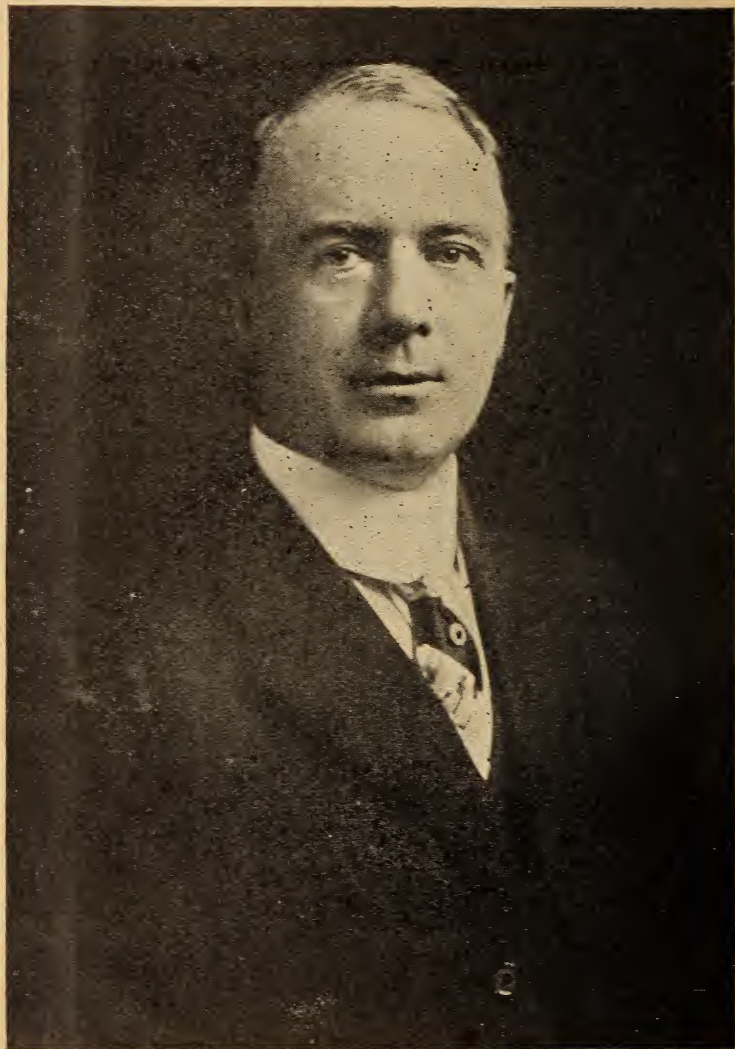
No sooner had the first Council been formed in the New England city where the order originated—New Haven, Conn.—than its growth was rapidly progressive. Spreading all over New England, the order sprang eastward and westward, entering New York, reaching up to the banks of the St. Lawrence and advancing steadily towards the Middle West, the Rocky Mountains, the far West, the Pacific Slope and up into Canada. Then, when the time was ripe, after the work of the pioneers like Dr. E. W. Buckley, William J. Dwyer and others, was fruitfully consummated, John H. Reddin, a Denver attorney, went into Mexico city and gave the Mexican republic its first Council of the Knights of Columbus.

Into Porto Rico and Panama the order has gone. It has been a story of continual growth that cannot be adequately summarized but that will some day be related in historic fullness as a tribute to the zeal and devotion of the true men and good citizens whose energy and foresight led them to work unceasingly that the order might grow and become great.

Their work has been singularly rewarded in the able part the Knights have played in making the world safe for democracy.

ORIGIN OF WAR WORK.

The K. of C. first entered the ranks of war relief work agencies during the Spanish-American war; when the Knights voted a large appropriation to care for Southern soldiers in Northern training camps. At the Mexican border, in 1916-17, the Knights went into war relief work on a much larger scale than their first effort. Spending many thousands of dollars on the constructoin, equipment and maintenance of a chain of recreation buildings at the border, they stepped into a perilous gap between the soldiers' leisure hours and the varied temptations to which the men were subjected during that monotonous campaign of watchful waiting. Raymond B. Fossdick, special investigator at the border for the Secretary of War, has gone on record as a witness to the splendid work achieved there by the Knights.



WILLIAM P. LARKIN,
American Director Overseas Work.

No sooner had war been declared against Germany by the United States than the Supreme Board of Directors of the Knights of Columbus met and offered wholeheartedly and without qualification their total resources of the order to the national cause. This generous offer was promptly accepted by the War Department, and the K. of C. became one of the authorized agencies for the provision of recreation and religious facilities to the millions of young men being summoned to the colors.

Over thirty-five per cent. of the enlisted personnel of the American army being Roman Catholic, and that proportion being greatly exceeded in the Navy, while the proportion of Roman Catholic men defending their country was, and is, far in excess of their total proportion of Catholic population, it was apparent that, with the peculiar obligations of the Catholic faith considered, something especial must be done for our Catholic fighting men. Quietly and unobtrusively, without any fuss and feathers, the K. of C. did it. A per capita tax was levied against the membership, and by this means approximately a million dollars—the nucleus of the K. of C. war fund, was raised. Thus, before any appeal had been made to the Catholic public, still less to the general public, the K. of C. war work was in full swing, financed by the Knights themselves, but benefiting every man under the Flag, regardless of color or creed.

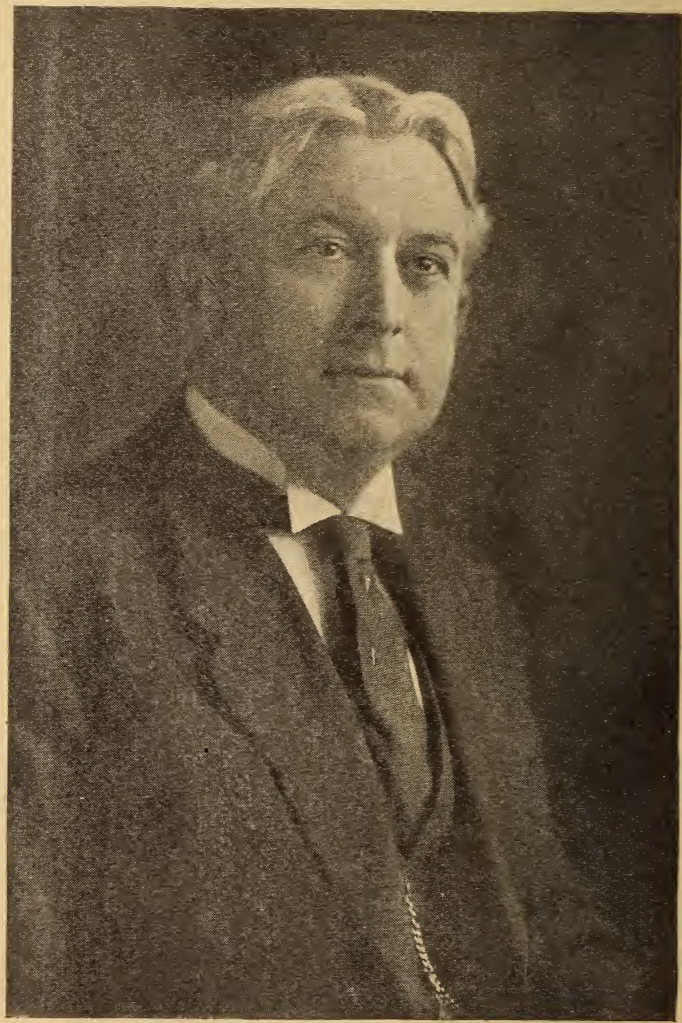
MERITS SOON RECOGNIZED.

The merits of this work were quickly recognized by the general public, whose sons and brothers and husbands praised highly the work of the K. of C. as they came into contact with it in the camps. Then the Knights went before the public in an appeal for funds, and the response with which they met was a sure and satisfactory guarantee of the manner in which they are regarded by their fellow-citizens.

Over twelve millions of dollars were poured into their coffers, for their policy of making everybody welcome and of charging for nothing made an instantaneous hit with the generous American public. The result was that the Knights were able to conduct their work on a most ambitious scale. They went into every camp in the country, erecting buildings everywhere and service clubs in some of the larger cities. They went overseas to France, placing huts and secretaries and chaplains and a system of motor distribution of their gifts of candy, smokes, chewing gum, etc., to the boys in the fighting zones. They did, in short, everything that could be expected of them, and they did it rapidly and wonderfully well.

ATHLETIC WORK STRESSED.

And in doing their work they paid attention to all the soldiers' needs, minimizing none and not giving any undue proportion. The religious, social and educational wants of the men were amply



D. J. CALLAHAN,
Supreme Treasurer.

provided for, and the Knights, realizing how dear to the heart of the American youth is his variety of national pastimes, provided fully for athletic diversion among the men of the army and navy. Tons and tons of equipment were shipped to the camps at home and to the American Expeditionary Forces in France, England and Italy. Men with special qualifications as athletic instructors were sent overseas in the K. of C. uniform—some of the most famous names in the various realms of sport were enlisted to aid the K. of C. in making our American boys feel that America was very near to them no matter to what points of the earth duty might send them.

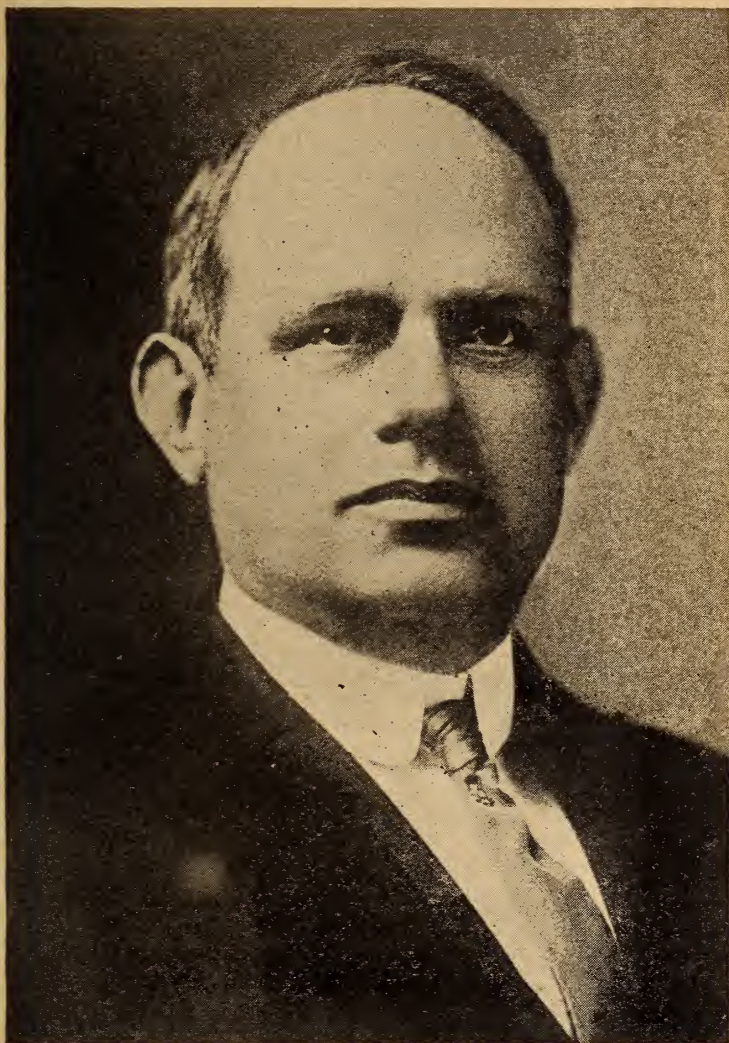
Emphatically the K. of C. made good. Whether it was providing a movie or vaudeville entertainment in a home camp building or abroad; whether it was to provide classes in French or mathematics for ambitious young fighting men; whether it was to provide the consolation of religion to boys in need of it; whether it was to visit the sick during the awful influenza plague that stalked through our camps; whether it was to cheer the boys on their way overseas and to welcome back the wounded; whether it was to go right in under the shells and their taking care of the men, meeting the risks the fighters met and succoring the fighters when they fell, giving them, in the face of enemy fire, the little comforts that mean so very much in a fighting man's primitive mode of life—the Knights were there, in full force, every minute of the time. A K. of C. secretary left his habits of sleep and restfulness in his civilian clothes at home. He became a soldier of succor the moment he entered K. of C. service.

ALSO IN PEACE.

But the record achieved by the Knights in this war, splendid and permanent though it may be, is by no means the sum of their accomplishment. Through their eighteen hundred odd Councils throughout this country and Canada they have always aided the sick, helped the widowed and orphaned and stimulated patriotic thought and action everywhere. They have endowed one of the greatest seats of learning in America—the Catholic University of America, and with foresight and liberality they have combated, by a system of free, educational lectures delivered by highly qualified men, whatever forces of disorder and anarchy, of militant socialism, showed their threatening faces above the turmoil of our civil and industrial life. The Knights of Columbus are a sound fraternal insurance society, they are a steadying influence in the society of the nation, for while they stand for social justice they are solidly opposed to irrational radicalism; they are truly American, through and through, carrying out in their every public act, the lesson taught by the gigantic spirit of the man whose name they wear, Christopher Columbus, the discoverer of the hemisphere that has given to God and the world the mightiest nation in recorded history.



WILLIAM J. MCGINLEY,
Supreme Secretary.



LAWRENCE O. MURRAY,
Overseas Commissioner for the Knights of Columbus,
Former Comptroller United States Treasury.

What I Saw in Europe

BY JOHN B. KENNEDY,

Publicity Director Knights of Columbus War News Service.

The writer recently returned from France, where he had an opportunity of getting many closeups of the American fighting man, and he returns with the verdict, substantiated by volumes of evidence, that the Doughboy considers sport the salvation of his many, long, waiting hours. Without base ball and boxing and the other manly means of competition, but especially those two forms of athletics, your sons and brothers and husbands on the other side would be a bored and disgruntled crowd. With base ball and boxing they are the cheerfulest bunch of watchful waiters or waiting watchers that the world has ever known.

It is something, indeed, to be able to record that the grand old national pastime has been played on the banks of the Rhine.

There are now about one hundred Knights of Columbus secretaries serving our boys in the Rhineland with all manner of athletic supplies. Up at Altweid, Remangen, Coblenz, Treves and in other historic cities, K. of C. clubhouses are located, and each clubhouse serves as a sort of depot where the athletic equipment, besides the stores of K-C candy, cigarettes, stationery, etc., are stored. These clubhouses are also athletic headquarters for the boys forming units of the American Army of Occupation in these areas.

It is strange how soccer has made a headway with the American troops. The Knights have sent over a thousand soccer balls abroad, in addition to something like five or six thousand American foot balls. The soccer balls have had a hard time at the feet of the boys. Although the game is not as widely played in the United States as the college style, it is probable that the returning boys will popularize it—they have certainly adopted it with zest abroad whenever they had the opportunity of doing so.

There have been times, and many of them, when a base ball at the front stood emphatically for morale with a capital "M," and stories are told, which I, for one, do not doubt, that fractious German prisoners have, before now, been quelled by the sight of stout K-C base ball bats bearing the autograph of the renowned John Evers. Numerous and exciting are the base ball contests under K-C auspices between teams from different companies, battalions, regiments and divisions. They are a most important part of the general programme of diversion for our lads.

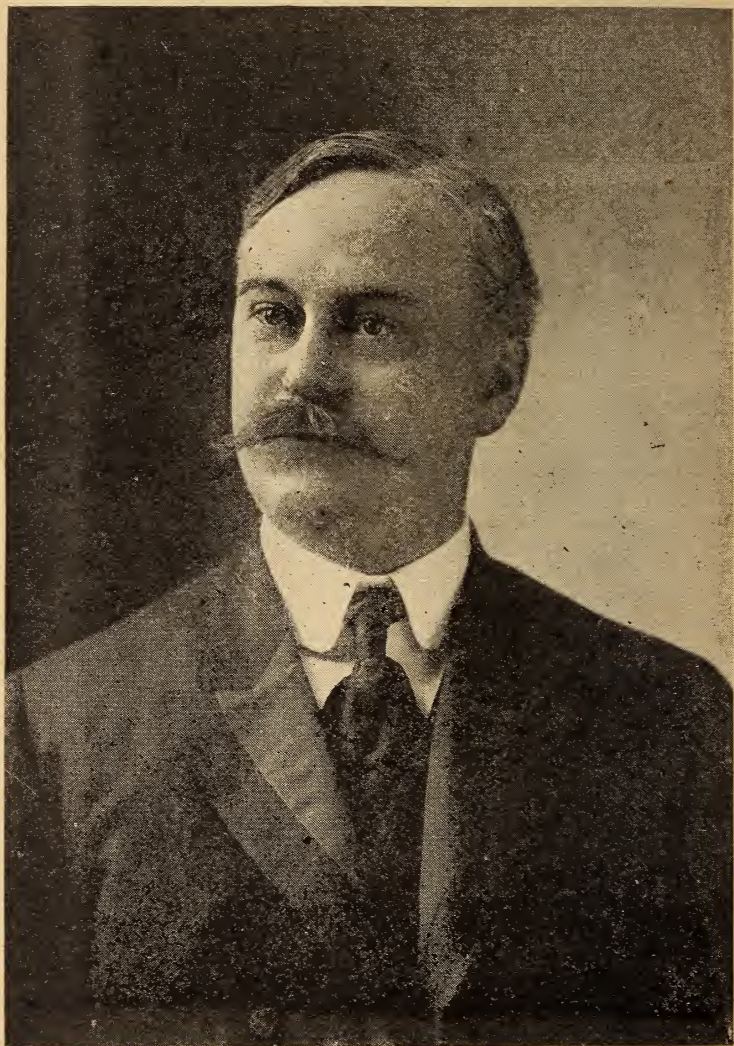
And as for boxing, no sport is more popular with the men. Almost literally, they "eat it up." At the Cinema des Arts and the Salle Wagram, Paris, where the Knights conduct weekly boxing tournaments, the boys jam the house, applauding vociferously at the success of the buddies against the French poilus, while the French spectators, who are numerous though never a majority, cheer on their fighting compatriots.

So successful has been the K-C boxing programme that American General Headquarters has notified the Knights that they are to have sole charge of all boxing with the A.E.F. A plan is now in operation, the result of which

will be the holding of a great championship tournament—men of different weights from the various divisions of the A.E.F. competing for K. of C. trophies.

There is, also, as a sort of piece de resistance of the K. of C. programme of outdoor sports for the men of the A.E.F., the great regatta to be held on the Seine. Rowers of the Army and Navy will compete for K-C. trophies. The teams are being trained at time of writing by K-C experts such as Varley, who won the world's sculling championship at the St. Louis world's fair. Johnson, the great oarsman, is also aiding in the production of the regatta which, if the great success it promises to be, will be repeated on the Rhine for the benefit of the boys forming the body of the Army of Occupation.

All told, the Knights are just as eager to give the boys all the athletic nourishment they demand as the boys are to get it. And it pays. German prisoners told the writer that our boys went through a worse hell than they would ever have endured. The French and British, who, after a four years' strain, are not given to admiring anybody very much, will certainly say something of the same kind. And what's the reason? Here it is. The great battles in France were won on the backlots of America, and the Knights of Columbus, by providing means for the boys to continue their national games abroad, have contributed in no small way to the victory that belongs most especially to those boys. And by providing a constant stream of athletic supplies, the Knights are keeping the boys contented with their lot as sentinels over the humiliated but rather fractious enemy.



EDWARD L. HEARN,
Past Supreme Knight and Overseas Commissioner.

Hints From Experience

The writer has been asked to set down his own experiences as a welfare athletic man for the purpose of helping out the K. of C. man who is doing this sort of work both "over there" and here. Let me state at the start that I do not set down my own ways of working as the only means of accomplishing the end, because I've found that about every man who tackles this sort of a job gets results by different means. There are, however, some very clear facts that one must know in order to put the thing over in a big way. He who neglects them, while he may succeed, would do ten times a bigger work had he played with these forces.

When it came to winning the war it seems that Uncle Sam gave every man in the army and navy a definite job except the athletic welfare worker. Secretary Baker had only to gather, train and send overseas a huge army. General Pershing had only to lick the Huns with this, the flower of our youth. Of course, there were various details to be worked out by others, men who were generals, colonels, majors, captains, lieutenants, non-coms, high privates and buck privates, each concerned with making the Huns *hors du combat*, as the French say it, but on the whole each man had a clearcut and definite piece of work to do. When it came to the welfare athletic secretary nobody outlined his work.

It was a mighty good thing this has been the case. It put the job of finding his job up to the welfare worker. That he made good is self-evident, and that he made good under the conditions he played under—that of a civilian without military standing, dealing with the most serious professional men in the world—goes to show that the welfare worker was as much interested in his definite and real task, that of helping to win the war, as were the military and naval men themselves.

The welfare athletic man who first tackled the proposition; indeed, those who still contemplate tackling it in its present state, can only be compared to a corporation with a Delaware charter—in a position to do about anything in the world. This broad field opened the way for a big piece of work. That this opportunity was grasped is common knowledge. In fact, so splendidly did the welfare worker grasp his opportunity that the job assumed definite form. Others could make ordnance, or build ships, or control food and fuel or make war, but no one else could manufacture morale like the welfare boy. He became the cheer-up kid of the army. He still is, and he is needed about as much today as he was when the Yanks were turning the tide in France last July.

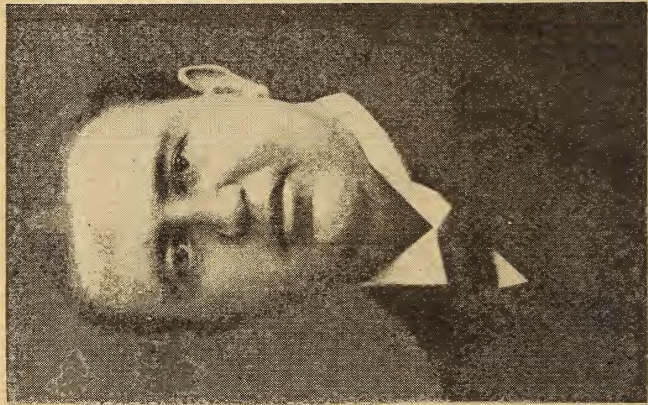
There has been a good deal of nonsense written about getting close to the men, the privates and non-coms. "Personal contact" is all right in its way, and far be it from me to protest against the idea, but my own experience, and that of many others, has been that the more you cultivate the officers, especially those controlling athletics and morale, the bigger the job becomes. Let me illustrate:

Suppose you are a crack base ball player. You can do one of two things. You can develop a fine nine that will furnish a lot of entertainment, or you can also get the idea of every unit playing base ball through military co-operation. In short, you can either amuse most of the men by "big league" games once or twice a week, or you can, by gaining military co-operation through the officers, combine with this base ball for every unit in camp. True, the "big league" contests will likely get your name in the papers and the other won't. But the other part is the first big job in the army.

Co-operation with the military authorities is the way to put things over in a big way. There is no doubt of this, even though some may not agree. We are instructed in this work to utilize the leisure time of the soldiers. That has been mostly at night and Saturdays and Sundays. But with peace at hand there is more



DR. E. W. BUCKLEY,
Supreme Physician.



MARTIN H. CARMODY,
Deputy Supreme Knight.



JOSEPH C. PELLETIER,
Supreme Advocate.

leisure time than ever and less to keep the boys on edge. Nearly every doughboy in France wants to come home. The sight of the Statue of Liberty will thrill him as did nothing else but the signing of the armistice. Consequently cheering him up is a big job.

Now, we may work among these fellows, doing "personal contact" at all their leisure moments, starting games and all that, but why not work among the officers, the athletic officers as well, and cover the whole thing through military channels? Proceeding by this means does not mean proceeding by military order. But the commanding officer can suggest such and such being done during the leisure time of the men, and, by making it interesting enough, it will result in 100 per cent. efficiency. Again let me illustrate:

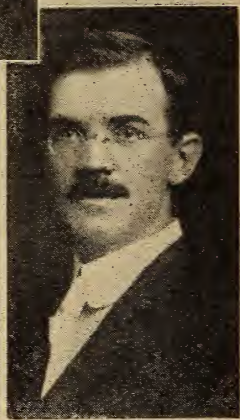
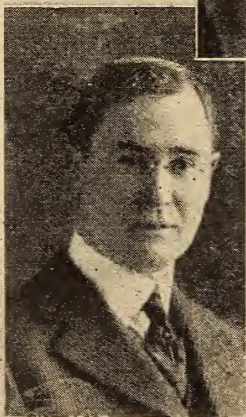
During the recent "flu" quarantine, when we had over 10 per cent. of our men very sick, and the morgue in camp overflowing, we were very much limited in our athletic activities. Just a few informal sports were permitted. The boys were as blue and downhearted as it is ever permitted a soldier to get. We got the C. O.'s ear and changed that camp within a week. Put on big athletic meets, mass competition between companies, holding the preliminaries each Saturday and the finals each Sunday afternoon. The thing went so big that as many as five thousand men competed each day. The bands were out, too, and by the time we were running the last meet everybody in camp was out to play or participate. It was a big, cheer-up affair all the way through. But without official aid very little would have been accomplished.

To accomplish the athletic job from a welfare standpoint one needs more personality than athletic experience. The likable fellow who is capable as well has it all over the athletic star who has nothing else to pull him along. Indeed, it has been a question in my mind if the athletic star is the man for this army job. They don't think right about it. A man who is a crack foot ball coach and who tackles this job can see little else than foot ball. Now, while he may be worth \$10,000 a year as a college coach and while he may produce a championship army team while doing welfare work and get unlimited publicity in doing so, it is quite likely that in teaching several dozen soldiers something of foot ball he has neglected sport for the thousands not on the team.

Major sport teams are all right in college, but in this he-man's army of Uncle Sam the doughboy is not in a position to travel with the team to see its games and, furthermore, he wants a little of the sport himself.

My own experience in handling twenty-odd welfare directors in one cantonment is that the fellow who has the personality and who was either a groceryman or a furniture dealer or a landscape architect always did the job better than the trained physical director or coach. It seems to be that he weighs one sport against another and sees no great advantage in either. He will push volley ball as much as he will base ball or foot ball, and he has time to start games of quoits, soccer or any of the other numerous activities that will interest the many. He's busy on everything. The average American athletic coach is a specialist and above the ordinary games which are full of fun for the soldier. He can't see them. That's all there is to it.

A mistake a welfare athletic man may often make is in trying to do too much. One thing at a time is the best rule. Get a plan well thought out in advance, then put it on paper concisely and intelligently—if you can chart it like an efficiency engineer, so much the better—and have it all ready when you tackle the athletic officer of your unit. Make it snappy. That saves him time and he likes that. But don't start anything else until you have the first thing under way. If you do, you will be like the choir leader who began worrying about the next hymn when in the middle of the first one. You'll be a discord, to say the least. The competent man will find that the athletic officer will be his best friend and steadfast supporter,



J. J. MEYERS,
Iowa.

W. D. DWYER,
Minnesota.

GEO. F. MONAGHAN,
Michigan.

J. J. MCGRAW,
Oklahoma.

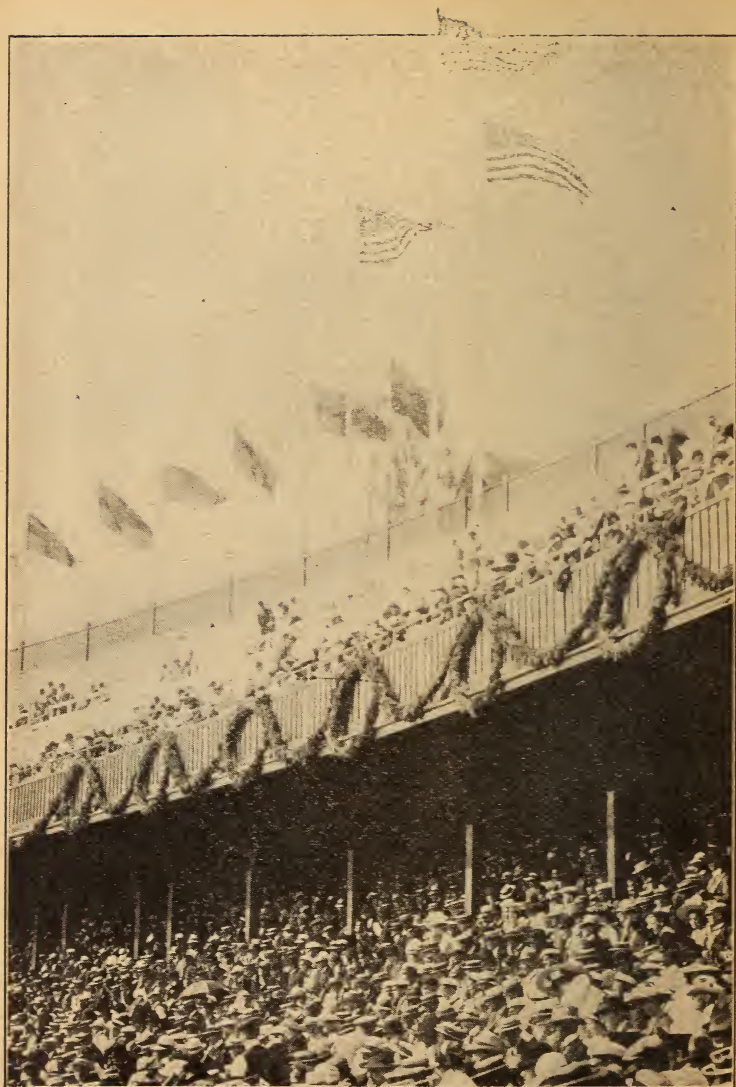
W. F. FOX,
Indiana.

A GROUP OF SUPREME DIRECTORS.

and common sense and diplomacy will smooth his way when athletic reputations without those adjuncts will fail miserably.

Another thing to remember in the mass athletic programme is not to make it severe. While we read much of mass athletics no one has yet produced a system, even in the army, whereby all men become good athletes. The mass athletic programme in the army has been built up on fun and amusement, the two factors, which more than any other, dominate army sport, especially at this time.

Indeed, the job today is to furnish amusement more than anything else. How that is to be done is indefinite. Your job, Mr. Athletic Secretary, is to solve the detail of it. You are a morale manufacturer, speaking in a dignified way, but, in the language of the men you are to work with, you will be the "Cheer-up Kid" if you make good. How, when and by what means, you alone can solve. The rules are simple and the field big, but whatever else you are, be a gentleman and play the game square. Don't go forth with the idea that the officer, or the general, or whoever you may bump into, is a better man than you are, as some folks have done. Show him you are a fine fellow, not only willing, but able, to make good. And when you have made good, you will carry mighty pleasant memories with you up to the time you, too, "go West," where we all hope to continue those priceless good times we once enjoyed with the boys "over there" who will not come marching home with Johnny.



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

Three American Flags raised in the Stadium when American athletes scored first, second and third in 100 Meters, 800 Meters, 16-lb. Shot, 110 Meters. Hurdle, and Pole Vault.

Jim Sullivan's Dope

By WILLIAM G. SHEPHERD,

Author of "The Scar that Tripled," etc.

(Reproduced by permission from "Everybody's Magazine," November, 1918.)

I spent several hours, one Sunday recently, in my old seat in the press stand at the Olympic stadium in Stockholm.

From that same seat, in the summer of 1912—in the golden age before the war—I had seen the best athletes of the earth win the highest honors their world had to give.

The stadium is thronged, tier upon tier, this afternoon, just as it was during the great events of 1912. Canopies of royal purple shelter, in the same old royal box, the same royal family and the same gaunt, gracious king. Boys and girls, in thousands, selected from every corner of Sweden for the charm of their voices as well as for their physical beauty, move about in a bewildering phantasmagoria of color, each clad as some wild flower of Sweden, singing a vast and beautiful chorus.

The occasion is a benefit entertainment for Swedish orphans.

But I can not see the children clearly; their great, sweet song is murmurous and distant, for, as I sit here, I am overwhelmed by ghosts.

THE OLYMPIC GAMES OF 1912

Here, in these seats about me, had been gathered press correspondents of all the countries of civilization. There, in that seat, for instance, is the ghost of the bewhiskered and literary Frenchman from the big Paris daily; there is the shade of that plump, linguistic reporter from Holland, who stood ready to serve as interpreter between any two correspondents of any known tongues on earth; there is the hulking ghost of that sporting editor from Berlin who grunted noisily whenever a German was beaten; and here are clustered the shadows of the reporters from the London dailies who tried in vain to analyze each British setback.

Here is the ghost of the likable reporter from Athens, whose French was so Grecian, and who was the proudest man of us all because, some twenty or thirty centuries ago, his country had inaugurated these illustrious games.

All about me were ghosts of those trim Boy Scouts of Sweden, who acted as our messenger-boys, and especially of the little blond chap who used to stand proudly beside my seat, ready to run with my messages to the nearby telegraph booth and start them off on their journey under the seas to the United States. He had caught the romance of journalism—that boy.

JIM SULLIVAN'S DOPE FILTERS INTO GERMANY

"The quality of the men must be characterized as remarkable. They carry themselves well and are well developed, and from eighteen to twenty-eight years of age. Only a few of the men are pure American by race. The majority of them are sons of foreign parents. These half-Americans, most of whom were born in America and have never before seen Europe, express, without hesitation, purely American sentiments."—*Report of German officer to German Intelligence Department, after interviewing American prisoners taken at Bouresches in June.*

And out on the track and in the infield—there are the grimmest ghosts of them all. The singing flower-clad children can not lay them for me. Over there, on the green grass, Alvah Richards, from our "Wild West," wearing a stretched sweater and a merry widow straw hat part of the time, humbles into the dust, at the running high jump, a German officer named Liesche, the haughtiest German that came to Stockholm. Out there, in the center of the field, are the ghosts of those trimly clad German teams, marching shoulder to shoulder, fifty of them, a hundred of them, each man looking like all the others, each man walking, striding, jumping, spreading legs and arms, waving his members, throwing out his chest, just like everybody else—massed formation in sport, with no individuality, no personal responsibility, except to see that you do your best to win the coveted cup by crushing your individuality and doing everything as everybody else does it. I remember how, even in those days, when everybody thought a German was all right, we used to laugh at the machine-like movements of those competing Germans and wonder how a man could prize a cup that was given for such banalities. The day was to come when we would shudder at what we laughed at then.

Here, at this turn on the track, Braun, the German runner, claimed that an American had fouled him and raised an uproar that disgusted the twenty-five thousand onlookers.

Here, also, swinging through the masses of the singing children, goes the ghost of that beaten but unbeatable solitary Russian, who, being outdistanced by the champion walkers of the world, had found himself three laps behind at the end of the race and insisted on finishing the course, though for many minutes he walked alone and unashamed before the gaze of thousands of amused people.

GHOSTS

Here, at this corner of the field, is a group of excited ghosts. It is the day when Kolehmainen, from Helsingfors, astounded the world by defeating the greatest runners that had come to Sweden. The Finnish flag has been run up on the honor-pole and a group of Russian officials had hurried down onto the track and insisted that this must be counted a Russian victory; the Russian flag must be run up; if the officials of the course care to do so they may raise a Finnish pennant beneath it. I see again that Finnish flag come down and again I see that flag of a proud czar mount in its stead; and then the Finnish emblem crawls up, shamefacedly, beneath it. How the grand stands cheer, in sympathy, for the Finns!

I wonder where they are now, those ponderous, powerful Russians?

The memories of those first days slip by me; those days before we knew the boys from the United States could conquer the athletes of the world. And then there grows again in my heart the pride that came to us all, as the American list of victories began to grow.

Comes to me again, my Boy Scout messenger with a cable-gram from my editor in the United States, which reads like this:

Please cable 500 words explaining recent successes of Americans and telling whether or not America will win.

That telegram had been too much for me. I was not an expert at athletics. On my trip across the Atlantic on the

Finland with those two hundred and fifty life-filled American boys and a score of clean-cut, upstanding American men who were leaders in amateur athletics in the United States, I had discovered that there was an inwardness to the institution of amateur athletics, a world of past records and data as to human physical possibilities, of which I was ignorant. And so I had decided not to write my five-hundred-word cablegram hastily, but to have expert advice.

WHY WE WON THEN

And there comes an evening, in a grove in the beautiful Djurgarden. I am dining with James E. Sullivan, the chief of American amateur athletics. In our evening clothes, wearing such decorations as some of us possess, we sit in the whiteness of the northern light until it grows chilly. The waiters, after the Swedish summer-garden fashion, bring us huge, thick blankets which they throw about our shoulders. And there seated next to Jim Sullivan, his glistening shirt front and a small jeweled stone therein throwing out furtive rays from the cavelike recesses of his half-folded blanket, I put to him the questions that have come to me over the cable: Will America win; and why?

"Can't you write an answer to that, young fellow?" he asks me with a note of surprise in his voice.

"No, No!" I answer impatiently. "I'm no sporting editor. This is all new to me."

"But sport hasn't anything to do with it," he says. "This isn't a study in athletics. It's a problem in Americanism. I've been at four of these international Olympic games and I know just what is going to happen at this one. It has always been the same way. It's my dope and you can't go wrong on it. We aren't through the woods, yet; there's two weeks of fighting before us, but no matter how things go, no matter what happens, we'll win; listen:

"AMERICAN BLOOD"

"You take those boys we have on our boat"—he points out through the trees to the harbor where the Finland, lights out, boys asleep, swings at anchor—"and study their names. How many different nationalities do you suppose they represent? We've got Americans of German blood who are going to beat Germans from Germany. We've got Italians on our team who are going to beat Italians from Italy. We've got boys of English blood who are going to beat Englishmen, and boys of French blood who will outrun or outjump their brothers from France. Why, we've got men from almost every nationality in the world in our American team who'll beat fellows of their own blood from Europe.

"There's no such thing as American blood, yet," continues Sullivan, expressing an idea that was new to most of us in 1912; an idea that only an Olympic contest could bring to light. "Maybe we'll get an American blood, in time. Jim Thorpe, the Indian, from Carlisle, is the only original American in the whole team. Our boys are all of the blood of Europe.

"Now, here's my dope: These boys on our team are the sons of parents who had nerve and backbone. Their parents wanted something more in life than Europe had to offer them. And so they tore up their home anchorages and went to the United States. It takes a good man or woman to do that;

healthier and more ambitious than their neighbors. Men and women like that are going to have fine children; ambitious children with lots of red, good blood and brimming health. They'll be better children than the average run of their cousins back in Europe.

"That's why we'll win these Olympic games, this time and every time, until we cease to attract the pick of the folk from Europe. We'll win the games; it was all decided years ago, by the fathers and mothers of these boys of ours.

"No matter how things go, no matter what turn things may take or what surprises we meet, the percentages are all in our favor. We won't lose. It's all a matter of mathematics, from now on. That's my dope."

And in the white northern night, in far away Sweden, I see America for the first time as it really is.

The Olympic games, that were to have been held in that great stadium on the outskirts of Berlin, in 1916, are being held in French and Flemish fields and in Italian mountains. These are Olympic games that Jim Sullivan, who piloted American teams to victory, through three Olympiads, will not attend, for he is dead.

WHY WE'LL WIN NOW.

Our Olympic team has gone to Europe, and Jim Sullivan's dope is good and sure. His confidence of victory was not a vague optimism; it was based on a mathematical calculation of how strong our boys were, and how hard they would try.

Our confidence ought to be like his.

The result of this war is not a thing to be decided in the future. It has been decided in the past. Through all the departed decades of building and growing, through all those years when great tides of strong, fresh blood were pouring into our veins past the Statue of Liberty, we were deciding it; we were creating something too precious to lose.

"No matter how things go, no matter what turns things may take, no matter what surprises we meet, the percentages are all in our favor."

By Jim Sullivan's dope we **can** do the job; all we have to do is to go ahead and **do** it.

[Since the foregoing was written, the war has ended; how and where, we all know. "Jim Sullivan's Dope" was true to form.]



GROUP OF ATHLETIC DIRECTORS IN FRANCE.

The photo shows Lieut. Percy Jones, Lieut. Gunkle and Johnny Evers on the bottom row.

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JOHN J. EVERS,

Former Chicago and Boston National League player, in the uniform he wore while serving the Knights of Columbus in France.

Photo by International Film Service.

Value of Athletic Training in the Army

By JAMES S. MITCHEL

Mr. Mitchel is known to all followers of track and field athletics in America during the last quarter of a century for his prowess in the weight throwing events, the discus and the javelin, his record for the 56-lb. weight standing for many years. Although known to most persons only as a weight thrower, Mr. Mitchel started his career in athletics as a sprinter, and his intimate association with the leading competitors and trainers of America and Europe entitles his instructions to more than passing interest. Mr. Mitchel has been a member of Olympic teams, represented the New York Athletic Club in national championships and is a student of athletics. He is a journalist and in addition to his newspaper work has contributed to the literature of sport in many publications.

The value of light training to the soldier and sailor has never been more forcibly brought home to the Army and Navy authorities than in the late war, and while in future there may be no necessity of a set enforcement of routine calisthenics in schools, colleges, and military organizations, it would not be a bad plan to introduce a series of light exercises which would help the development of a quick, flexible, muscular condition among the youth of the country. Prior to the outbreak of the war the experts agreed that, the day of the cavalry horse, and, of course, the cavalryman, the lancer, and, incidentally, the infantryman, had passed; and that all big future battles would be fought from the aeroplane and with the long range high explosive guns. To a certain extent the decision was brought about by these new implements of warfare, but a glance backward at some of the critical moments reveals the fact that the cavalryman, the lancer and the man with the piece of cold steel in a pair of strong, active arms, and with an accurate eye to pick out the soft spots on the opposing line, were of wonderful use. For instance, in the first battle of the Marne—which by the way might be put down as Germany's Waterloo—it was the English cavalry—all polo players, with well developed sword arms—that mowed swaths of the German ranks to pieces, and although the Britishers paid a heavy toll, when the truth is known, they saved the day. Again, at Cambrai, and still later, it is worth while to remember what the American cavalry did once more on the bloody banks of the Marne when they made ribbons of the much vaunted Prussian Guard, and really created the turning point of the war, when the horse came into play again. The wonderful work of our Marines and subsequently of the Rainbow Division at the Ourcq River and Chateau Thierry are forceful instances that there is still a lot to do for the man of small arms, not to speak of the airmen.

Here, it might be remarked, that no fighting man needs to be in better shape physically than the birdman, and very early in life should begin with a series of exercises which will tend to strengthen every part of his anatomy. It is absolutely necessary that the limbs and every part of the flier should have the widest and freest range of motion. An equally free circulation of the blood is indispensable to the flier, for this contributes a sound stomach, which at all times means a perfect balance of the entire muscular system, and an absence of vertigo, dizziness and other minor ills which have caused so many accidents in the past. One thing to be kept in mind by the roamer of the clouds is that he should never for a moment indulge in any exercises which will in the least degree tend to make him muscle-bound around the shoulders or chest.

The principle of all military training of the new order should be a vigorous elastic condition of the muscular and nervous systems, and here is where the superiority of light gymnastic exercises becomes more in evidence. The method which exercises the entire

frame without creating any tiresome detail in the mind is fast working its way among those who are interested in athletic and military training. The old methods were based upon building up a man with big shoulders and big inelastic muscles, who was, of course, of no use in an active way. He might look well posing for a moving picture camera, or in front of a powerful projecting light, but all the world cannot be posers, and other fancy men of muscle. An instance of how utterly foolish is this class of muscle building was shown at one of the physical culture shows held some years ago in New York. In one of the events which made up an all-around contest the man who subsequently won the posing tried to get over a jump somewhere around four feet high. The effort caused him such a contortion that he fell prone on his back, bringing down the cross-bar with him. Then, what was still more pitiable, he had to be helped to his feet, or, in other words, he was so muscle-bound that he could not arise without assistance. Of what use would such a class of man be in the field of battle? The chances are that if he was forced to undergo a sustained effort for fifteen minutes he might drop dead. It was with much of this same class of muscle-clad warriors that the Kaiser had planned to conquer the world, but the idea proved a signal failure.

Still our system here can be improved by the institution of a series of light exercises which did so much for Belgium, France, and England. These exercises need not be made compulsory, but could be introduced into the schools on much the same plan as track and field sports. For instance, half an hour exercise daily with the Grecian hand rings, the wand, or the newest of all, the sandbag; which has become greatly in vogue abroad, will fit a youngster in a very short time for any sort of military training. The sandbag especially, tossed from arm to arm, will pull his shoulders and ribs into a healthy and natural position, thereby giving the lungs and heart plenty of space to perform their natural functions. Every young man possessed of the average amount of vitality should indulge in some form of field sport—base ball, tennis, foot ball—games which require accuracy, courage, presence of mind, quick hand, and with eye, and, in fact, the complete movements of the human frame.

Of the two great points to be considered in the recommendation of athletics and calisthenics to the army and navy is the choice between light and heavy exercises. Flexibility and elasticity are to be commended as being most desirable. Of course, no man, or even woman, can be strong to an extent without being flexible. One has but to observe the tiger in his cage, and while he gives no sign whatever of bunched muscles, he bears all the supreme evidence of flexibility backed by unlimited strength, with all the requirements that go with ease of movement. It may seem ridiculous enough that a man who continually juggles a two-pound dumb-bell will acquire more elasticity and natural strength than the great bulk of humanity who toys with a bell weighing fifty pounds or more. The latter is of the carthorse type, and is of no use but to lift great burdens. Nobody ever heard of a truck horse being of use as a cavalry horse or charger and the same rule applies to the man.

If a man is to be of use in the army or navy he will gain more speed and accuracy by playing base ball, foot ball or tennis, throwing the javelin, the light hammer or hurling the bombs than by the pursuit of all the known heavy gymnastics. Running and walking are cheap exercises and within the scope of all, yet they contribute more to the stamina of the brain and nerves than all the heavy movements ever invented. It was the man who could run and jump and do quick active work, that did the big things for our side in this war.

"100 Up" Exercise—A Remarkable Aid to Athletic Training

By W. G. GEORGE

The following article on the "100 up" exercise was so highly thought of by the late Mr. James E. Sullivan that he included it in his book on Marathon Running. with the following introduction:

"One of the best books ever written on the subject of athletic training is that by W. G. George, of England, the world's most remarkable and famous runner, and it is with pleasure that they are reproduced here for the benefit of those in America who have not had the pleasure of reading Mr. George's book."

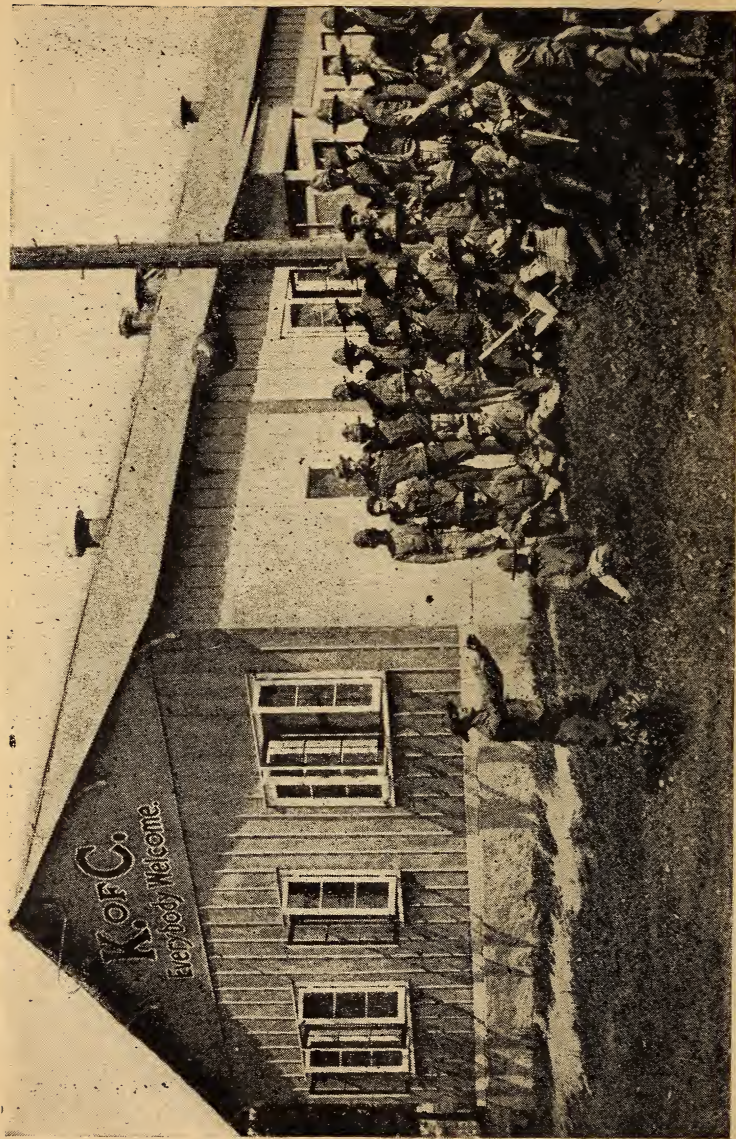
"Now I come to the part of my system of training which I consider had more to do with my success in competition than anything else. I am equally confident that when training for health's sake or for the prevention of breakdowns, there is no better exercise than this which I have christened '100 up.' Some of the advantages of this splendid exercise briefly are these: The short time and the little space required for its practice; it brings into play the entire muscular system; the heart and lungs are reasonably exercised; the reduction of adipose tissue, especially that designated fatty inside; the particular strengthening of the muscles of the back and abdomen; the non-necessity of stripping (although it is better to do so when time permits), and the fact that any shoes or boots and even stockinged feet will serve. The '100 up' can be practiced on any ground floor, the space required being not more than six feet square.

"A.—Preliminary practice for preparing the leg muscles for the more severe strain required of them for the '100 up' exercise.

"Draw two parallel lines on the ground, eighteen inches long and eight inches apart. Place one foot on the middle of each line. Stand flat-footed, the feet lying perfectly straight on the lines. The arms should be held naturally, loosely and nearly straight, with a slight forward inclination, the body being upright and straight (Plate No. 1). Now raise one knee the height of the hip (Plate No. 2)—that is precisely the same way as in walking, only the knee action is higher, and brings the foot back and down again



to its original position, touching the line lightly with the ball of the foot; repeat the raising and lowering of the leg ten to thirty times, and repeat with the other leg. Practically, this amounts to balancing the body on one leg while exercising with the other. Care must be taken that the knee comes to the level of the hip every time. This may not be found easy at first, but practice will soon bring about the desired result. Great attention must be paid to keeping the body upright and the legs and feet quite straight while exercising. Practice slowly until the necessary balance is acquired and the exercise accomplished with ease. Otherwise the



AN IMPROMPTU "CATCH" AT A KNIGHTS OF COLUMBUS HUT.

Photo Copyright by Committee on Public Information.

'100 up' will be found unsatisfactory. Having thoroughly mastered the correct form, the student may turn his attention to—

"B.—The major or '100 up' exercise.

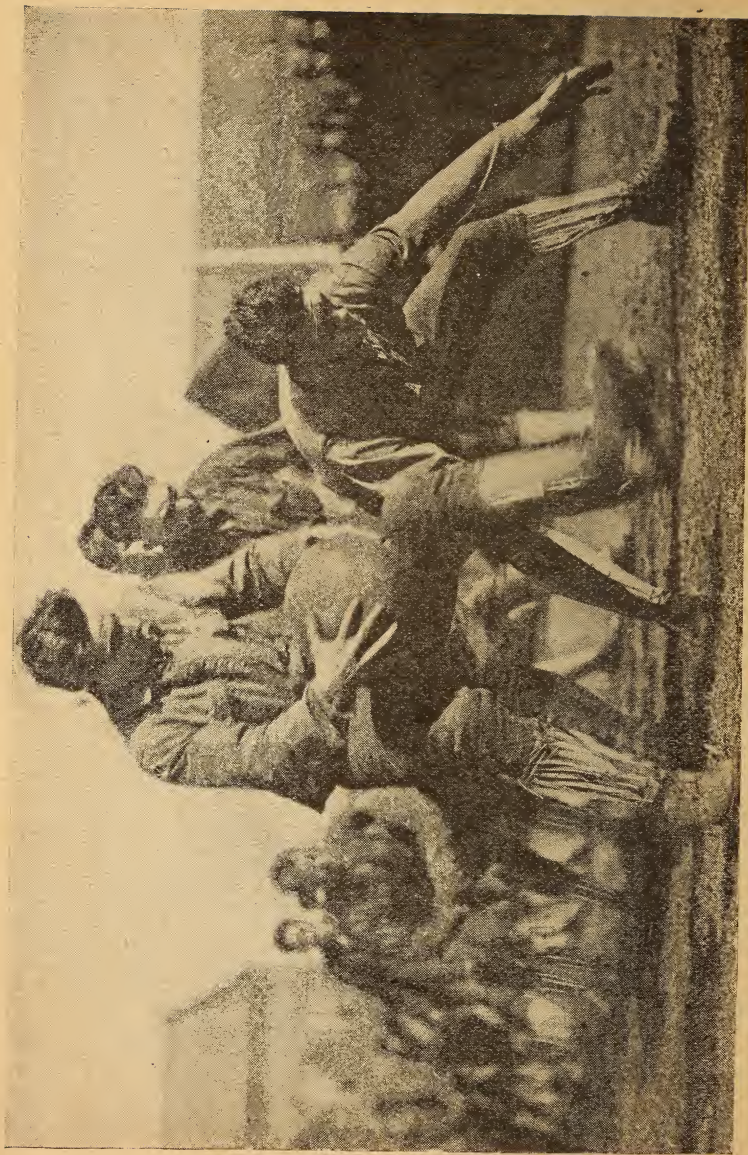
"Before giving particulars, I should like again to impress the necessity of maintaining form in every practice. My advice is, directly the correct form is lost, stop. Beginners should start the major exercise slowly and on no account strain or overexert themselves. Nearly all breakdowns and failures are the result of hurried and injudicious training, or fast work while the system is unprepared for it. On the other hand, slow, well considered, steady practice, rarely, I might also say never, is injurious; while breakdowns are practically unknown among those who start their training slowly, gradually increasing distance, time or pace as the heart, lungs and muscles grow accustomed to the strain which is put upon them.

"Prepare lines as for the preliminary practice. Stand on them as before, except that the body must be balanced on the ball of the foot, the heels being clear of the ground, the head and body being tilted very slightly forward, and the hands down by the side. Now spring from the toe, bringing the knee to the level of the hip (Plate No. 3) as in the slower exercise—letting the foot fall back to its original position; repeat with the other leg, and continue raising and lowering the legs alternately. This action is exactly that of running, except that instead of the legs moving forward, the foot drops into its original position on the ground.

"The main point is, Correct Action. The knees must be brought at each stride up to the level of the hip, while, as the knee comes down, the foot should not be carried further backwards than level with the back. When the knee is brought higher than the hip, the body is thrown out of its perpendicular backwards (Plate No. 4); when the foot is thrown out behind further than level with the back, the body is correspondingly forced forward (Plate No. 5). Either is a hindrance to form and pace—the two objects striven for by those who train, whether for health or competition. All such will, undoubtedly, derive more benefit from doing their practice correctly than the reverse. While doing the '100 up' use the arms as in running—i. e., hold them almost at full length and swing them half way across the chest, forward and backward a few inches behind the back as each stride is taken. A good practice is to stand still on the lines and use the arms as in running, putting plenty of force into the work, so as to loosen the muscles of the shoulders, and make the upper part of the frame active and pliable, in order that it may act in perfect union with the legs when the '100 up' is performed.

"I advise nobody to attempt more than twenty up at the start, ten for each leg. Very few can manage even so many in form at the outset; but practice makes a world of difference, and once the twenty has been accurately accomplished the number may be steadily increased. Let me warn you, however, against a too rapid progress. This may result in a strain, or what is even more likely, a loss of correct form. The knees will not be parallel to the straight line or the body will be dragged forward. Do not expect to get true action in a moment. Probably the first few attempts will be disappointments. Be not, however, discouraged. Keep steadily on, and the correct action will come sure enough. Once proficient in that you can work gradually to the '100 up,' and by judicious variation of pace and number, according to the distance of the race you desire to compete in, you will get as fit as you can possibly desire.

"Finally, '100 up' stands unrivalled as an aid to training for walking, running, cycling, rowing, boxing, foot ball and cricket, and, in fact, every kind of sport; while for general health's sake it is absolutely the best."



MEDICINE BALL RELAY.

Photo Copyright by Committee on Public Information.

Competitive Events for Large Numbers

The descriptions of the following races have been contributed by Mr. M. P. Halpin, chairman committee on athletics of the New York Athletic Club. The latter organization, the leading body of its kind in the United States, withdrew its teams from representative athletic competition as soon as America entered the war and devoted its activities to promoting athletic competition among the soldiers and sailors stationed at the various forts and naval bases in the metropolitan district. The prizes in a number of events were donated by members of the club, who in many cases had won the trophies in former years themselves and took this means of showing their patriotism by contributing their highly cherished emblems of victory for such a worthy cause. In addition, the club made a specialty of equipping service teams with base ball and foot ball paraphernalia, and also army transports, practically every ship in the latter service leaving New York being the recipient of medicine balls and other equipment suitable for use while at sea.

MEDICINE BALL RACE.

The medicine ball race consists of a competition of teams, made up, usually, of ten to twenty men on a team. The number of teams is unlimited. The ordinary medicine ball is used, although a basket ball or soccer foot ball can be substituted. The members of a team line up, one behind the other, not too close, with their legs spread apart, to allow the ball to roll freely between. All contesting teams are lined up, with the captain, or No. 1, on the mark and the individual members behind him, as previously noted. The contesting teams are spaced about 10 feet apart, or with room enough for a runner to run freely. At the report of the starter's pistol the first man on the line rolls the ball between the arched legs of his team mates, who help its progress as it tends to slacken in speed by tapping it with their hands. Every man is not obliged to touch it, however. As the ball reaches the last man on the line, he picks it up and runs with it to the head of the line—each member of the team moving back one space, so that the new man may toe the starting line—and rolls the ball as the first man did. This action is repeated until each member of the team has had a turn at rolling the ball. When the captain, by this process, has reached the last position on the line and receives the ball he runs with it to a line—5 yards is enough—in front of the original starting line. The first man to cross the finish line, of course, wins. If the ball should escape from between a man's legs it must be brought back to the point from which it left the line and rolled through from that point.

Instead of rolling between the legs, the medicine ball may be passed overhead from one to the other, and the procedure followed as noted in previous paragraph.

As each team entered is going through the same performance, the excitement becomes intense as the competition nears the end, and care must be exercised to see that no mistake is made in picking the winner. It is well to have individual judges to pick the men who finish in the various positions, the judges sighting along the finish line as they would for a regulation running race.

GUN (OR FLAG) RELAY.

Teams may be made up of twenty men each, lined up behind each other on opposite sides of the field at a distance of 60 yards—more or less—the odd number, on one side, even numbers on the other

("odd" and "even" numbers are mentioned here that the explanation may be clearer; the runners do not have to wear numbers). No. 1 starts across the open space separating the two teams of his side, and runs around the last man of the opposite group (the even num-



bers), coming up to No. 2, who is standing at the head of his line, to whom he hands the rifle. No. 2 then runs across and around back of the odd numbers, coming up to and handing the rifle to No. 3. Each runner, as soon as he has finished his run, takes his place at the end of the line where he finished, so that eventually the odd and even numbers find themselves on the opposite sides of the open space from which they were originally lined up. This method of progression is followed until No. 20 has the rifle and does his tour. When he has finished, the race is ended, and if he was fortunate enough to finish first, his side wins. To facilitate the progress of the runner around his lined-up team mates, the latter grasp each other by the waist and keep as close as possible, to lessen the distance that has to be run around them. At some of the cantonments on a field day it was not unusual to see as many as fifty teams—a thousand men—in such a contest at one time.

Instead of two groups of one team, the relay is sometimes run with one group, the men running around a post or a man stationed at the proper distance from the starting line. Instead of a gun a small American flag may be carried, and sometimes in large entries a flag with the number of the team in good-sized figures is carried instead of a rifle or the national emblem to help distinguish the various teams.

To enable the judges to keep track of the progress of the race, as the succeeding runners who have finished their run take their places at the foot of the line, and move along as each new man comes along, it is well to place a citizen or someone in a distinguishing uniform at the foot of the line of odd numbers before the race begins. Each succeeding runner, whose race finishes at that side, takes his place behind this man. As the latter moves up toward the front the judges can distinguish more readily how the race is progressing. As No. 20—if a twenty-man team—or whoever may be the last contestant of his group, finishes, he raises his hand as a signal, and thus the winner can be more easily determined.

EQUIPMENT RACE.

A course of 60 yards, which distance may be varied as circumstances dictate, is laid out, with marks at 60, 45, 30 and 15 yards, respectively. The contestants begin by removing their hats at the farthest mark, and if a rifle is included in the equipment, that is also deposited along with the hat. The blouse is next left at the 45-yard point; leggings at 30 yards, and shoes at 15 yards. The competitors then lie on their backs at the starting line, their heads resting on the line. At the starter's pistol they arise, run to their shoes and put them on, the leggings, blouse and hat being acquired in order, after which each hurries back to the starting line, the winner being the first to cross the latter. Each piece of apparel must be put on properly and adjusted on the mark on which they lie. For instance, the shoes must be put on and properly laced before the competitor leaves the 15-yard mark. However, the race

is not always to the swift, as immediately after finishing each contestant must line up for inspection, and if each article is not in its proper position and adjusted correctly on his person, the competitor is disqualified. The equipment race can be held indoors or outdoors.

CENTIPEDE RACE.

Another team race that furnishes unlimited fun is the "centipede" race. Ten men—although a team is not necessarily confined to that number—straddle a pole 16 to 20 feet long and try to reach the finish line, usually 100 yards distant, first. The team reaching the finish line first, with all its members in position, wins. When a man falls the team is not allowed to continue, with the possibility of the fallen man arising and securing his position a-straddle the pole, while his team mates keep on toward the goal. The team must stop and may not proceed until the man who fell is in position, under penalty of disqualification.

CREW RACE.

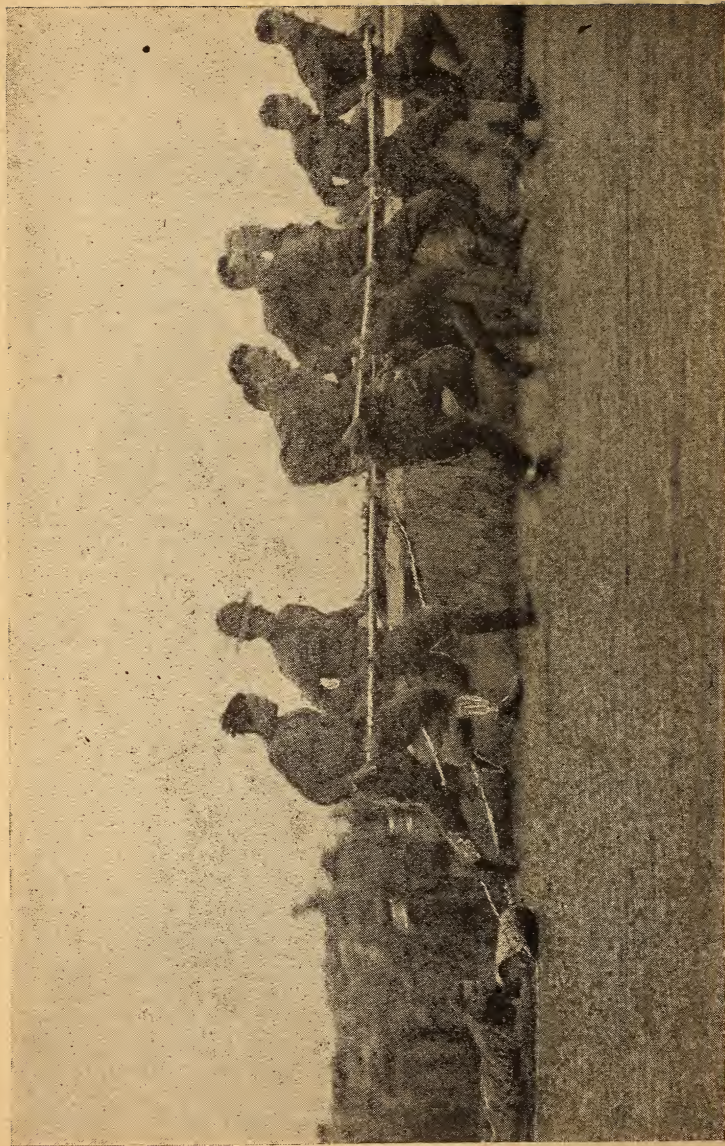
As many "crews" may compete as the space will permit. A crew usually consists of ten men and a coxswain. The distance is generally 50 yards. The men line up at the starting point, one behind the other, each grasping the man in front of him firmly at the waist, with their backs toward the 50-yard line, the coxswain being the only one facing the line, or, in other words, exactly as they would be arranged in a boat. At the report of the starter's pistol the crews start and run backward as fast as possible, being guided by the coxswain, "left" or "right," as may be necessary. When the line is crossed by the last man of the crew, they reverse the direction and return, now facing the starting line, but still retaining their firm hold on each other's waists, the coxswain running alongside his crew. The first crew to cross the starting line with its members in position wins. This race is productive of much fun and excitement, as, unless with a lot of practice, there are sure to be numerous tumbles.

RESCUE RACE.

This competition requires two men for each team. One strong, fast man and a lighter one is the usual combination. The distance is dependent upon the space at command, 60 yards being a popular figure. The men who are to be "rescued" are arranged at the designated distance, and lie perfectly flat upon their backs, while the "rescuers" are lined up on the starting line. At the report of the starter's pistol each contestant runs towards his partner, turns him over, face down, lifts him to his shoulders and returns to the starting line. The first to cross the line with his burden wins. The rescued man is not allowed to assist in the slightest, but must remain perfectly helpless, otherwise disqualification will result.

To make the event spectacular as well as competitive, it is customary to equip the men who are to take the role of the rescued with rifles. At the word of command given by an officer back of the starting line, the men go forward in skirmish formation, shooting and reloading as they progress—or going through the actions of doing so—and finally ending at the line agreed upon, when a volley is fired and they fall over helpless. The rescuing competitors, who have been held on the starting line, are not allowed to go forward until the signal is given by the starter's pistol. This event may be held indoors or outdoors.

This race can be varied by using two men with a litter or stretcher to rescue the "wounded" man.



CHARIOT RELAY RACE—USING REGULAR SNOW TOBOGGANS.

Photo Copyright by Committee on Public Information.

CHARIOT RACE.

The origin of the chariot race is due to Mr. George V. Brown, naval athletic director for the New England district, with headquarters at the Charlestown Navy Yard. Mr. Brown, previous to the beginning of the war, was the manager of athletics for the Boston Athletic Association, which organization, like many other prominent organizations, has devoted its entire efforts and equipment to furthering the recreative interests of the soldier and sailor.

For this purpose regulation snow toboggans are used, but boards may be substituted if toboggans are unobtainable. The course is preferably laid out on grass or on sand, where the "chariot" may have a smooth surface. By referring to the illustration an idea of the method of arrangement of an individual team may be obtained. The picture shows a contest on the noted Belmont Park race track, Long Island, N. Y., as one of the features of an aviation carnival given to raise money to furnish athletic equipment for that branch of the service.

In this race six men originally started in the front row and four in the second row, about 5 feet separating the first row from the second, and the latter runners were about the same distance from the toboggan. The poles were about 16 feet long. The distance traversed was 100 yards for each team, from the starting post, A, to a turning post, B, 50 yards distant. Five groups of men competed for each team, the total distance being 500 yards, and fifty-one men (including the charioteer) comprising the full team. Five teams ran abreast. Each relay team as it reached the starting line had to round post A before it could be relieved by the waiting relay team. In this particular contest, which was held on the dirt track, officials were stationed on the starting line, and the outer turning point, represented posts A and B, respectively, for each team.

The distance and the number of men comprising a team can be varied to suit circumstances.

SLOW MULE RACE.

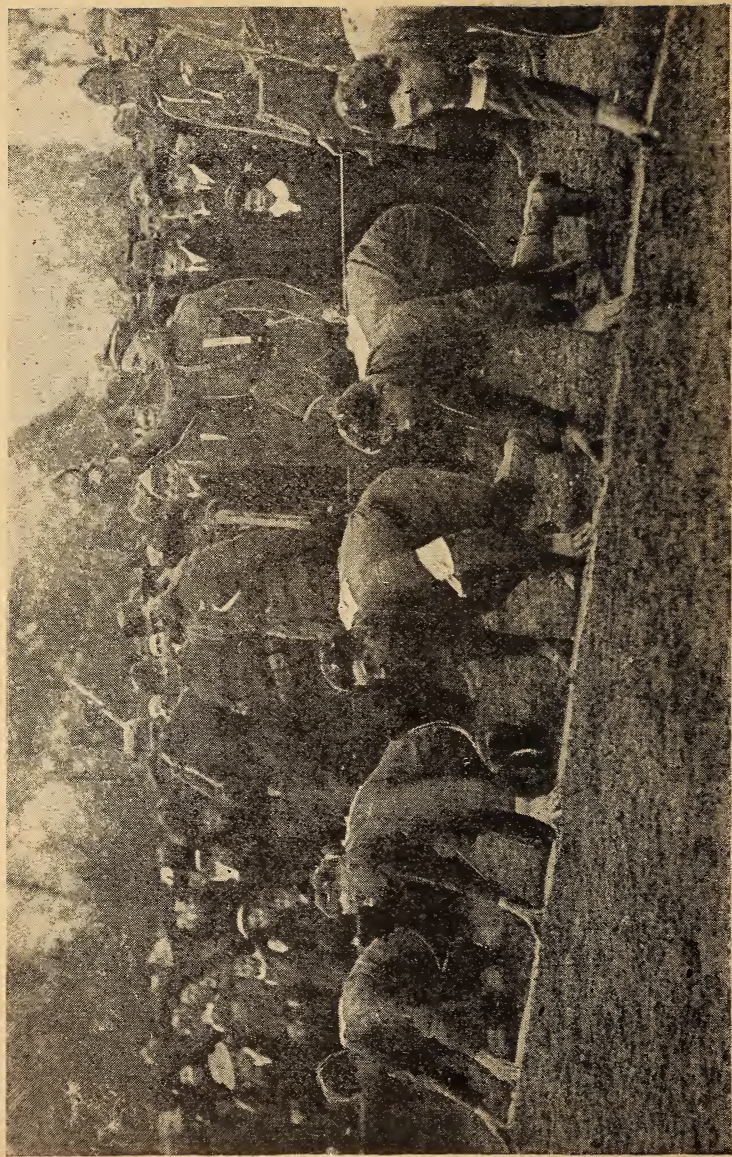
This race affords unlimited fun. Each competitor rides his mule to the starting mark, and at the command, "Change mounts," dismounts and remounts on the animal next to him. For instance, if there are five entered in the race, No. 1 rider mounts No. 2 mule; No. 2 rider mounts No. 3 mule, and so on, No. 5 rider going to No. 1 mule.

The distance depends upon the space and view that will be best for the spectators.

At the sound of the starter's pistol each rider urges the mule on which he is mounted to the utmost, with the hope that the mule on which he rode to the starting point will be last, as the slowest mule wins the race, and although riding another animal, the rider has not lost interest in his original mount, as the prize is won by the mule's performance, irrespective of what rider he may have in the contest.

Where the actual animal cannot be obtained, human "mules" may be substituted, but in this case it is obvious that the race would have to be decided by the fastest runner winning, and there would be no object in changing mounts. A system of handicaps could be arranged, however, based upon the combined weights of rider and mount, and allowing possibly for any superior running ability that the "mules" may possess. This system would afford close contests and undoubtedly keen rivalry.

The relay idea may be introduced in this "mule" race also, by having relays of "mules" at certain distances, the rider mounting and dismounting as his "animal" carries him to each in succession.



AN ATHLETIC MEET "OVER THERE."
Photo Copyright by Committee on Public Information.

TUG OF WAR.

Rules governing tug of war will be found in the rules of the Amateur Athletic Union, printed elsewhere in this book. The number of men on a side may comprise as many as fifty men, and sometimes, instead of sitting on the ground, the pull is a stand-up affair.

OBSTACLE RACE.

The make-up of this race depends largely upon local conditions. Crawl through a barrel, jump over a stream or hurdle, and similar impediments, which the ingenuity of the athletic director will create, will furnish a great deal of fun for both contestants and spectators.

RULES FOR SACK RACING.

The regulation sack is to be of strong burlap or similar material; its dimensions 36 inches wide throughout by 6 feet long, with a strong running cord at the top.

Competitors must be tied securely in their sacks with arms inside and sacks drawn close about the neck, and must finish with arms inside, sacks still tied and intact as at start.

RULES FOR THREE-LEGGED RACE.

Competitors must be tied securely together at the thighs and ankles of one leg each. The fastenings at the thighs to be such as to keep them practically in contact. At the ankles there may be an interval not exceeding 4 inches. Competitors must finish with fastenings intact so far as these requirements provide.

POTATO RACE.

Upon the starting line there shall be placed for each competitor one receptacle not more than two feet in height, and having an opening not more than 36 inches in circumference. Upon a straight line drawn from said receptacle at right angles to the starting line shall be placed, at distances of two yards apart, eight light objects, ovoid in shape, having the greatest diameter not to exceed four inches and the smallest diameter not less than two inches. The first of said objects shall be placed two yards from the receptacle.

Each competitor must pick up each of said objects singly and place the same in his own receptacle, and after having picked up one of said objects he must deposit it in the receptacle before picking up another. After all the objects are placed in the receptacle the competitor must cross the finish line, which shall be five yards behind the receptacle.

In handicap competitions, the marks shall be given from behind the starting line.

RULES FOR WALL SCALING.

Wall Scaling shall consist of a run of 50 yards and return over a course which includes, at its midpoint, a wall of smooth sides. This wall shall be 10 feet high, with a base and top of 6 and 4 feet, respectively. It shall be of sections not more than 12 feet long, set 6, or more, inches apart, of which there shall be one for each team competing simultaneously; or, if several sections be built together, it shall be divided into sections of the foregoing length by bands, 4 inches in width, of a color in strong contrast to that of the remainder of the wall.

Teams shall consist of eight men equipped with the service rifle, or a dummy of not less weight, together with cartridge belt, bayonet scabbard, bayonet, and wearing a service hat. The character of shoes worn is left optional with each team.

Teams shall start as a squad (four) in double rank, cross the wall without touching any part of an adjoining section, and the arms shall not be thrown or dropped.

The passing of arms, except by hand, or the encroaching of any member upon adjoining sections shall constitute a foul. Each and every foul shall be penalized by the addition of two seconds to the actual time of the team.

Every member of a team shall return to the finish with each article of equipment that was carried at the start.

The time of a team shall be the time that elapsed between the start and the return to the starting line of the last man of the team, plus two seconds for each foul committed by its members.

SKIN THE SNAKE RELAY.

This has been used very successfully at some of the largest cantonments. From eight to twenty may be used on each side. Each man spreads his feet, puts his right hand between his legs and reaches back to grasp the left hand of the man back of him. At a signal the last man in each line lies on the ground on his back and all the men in each line walk backwards with legs spread until all men are lying down. Last man touches head to the ground, then rises and starts forward, pulling up entire line, one at a time. The team which is first to complete the skin-the-snake wins. Hands must be kept grasped during the entire game.

SAMPLE FIELD DAY PROGRAMME.

Selections from the following events, in addition to those from the regular A. A. U. athletic programme (see Athletic Rules of the Amateur Athletic Union of the United States, elsewhere in this book), have been successfully used in field days at various cantonments and naval bases.

Medicine ball relay.
Rifle relay.
Flag relay.
Marathon run (modified distance).
Push ball.
Mass ball.
Chariot race.
Centipede race.
Crew race.
Equipment race.
Slow mule race.
Motorcycle relay.
Motorcycle race.
Motorcycle jumping.

Swimming races and fancy diving.
Wagon driving.
Fancy horseback riding.
Wall scaling.
Broncho busting.
Rescue race.
Obstacle race.
Sack race.
Potato race.
Three-legged race.
Trench ball.
Grenade throwing.
Throwing base ball.
Rowing races.

By reference to the Amateur Athletic Union rules, elsewhere in this book, the complete list of events in the national programme is given, from which selections can be made to suit local conditions, time at command, etc. In many of these athletic events, the larger men are often overlooked in favor of the track athlete. Keen competition can be aroused and interest stimulated by featuring events that will appeal more strongly to the larger or older men, such as javelin and discus throwing, the 16-lb. hammer, and 56-lb. weight for distance or height. In the latter competition it will be necessary to have an upright with a cross-arm, which should be mov-

able, and from which is suspended a disk of some kind that will help in determining whether the implement has attained the height at which the mark has been set.

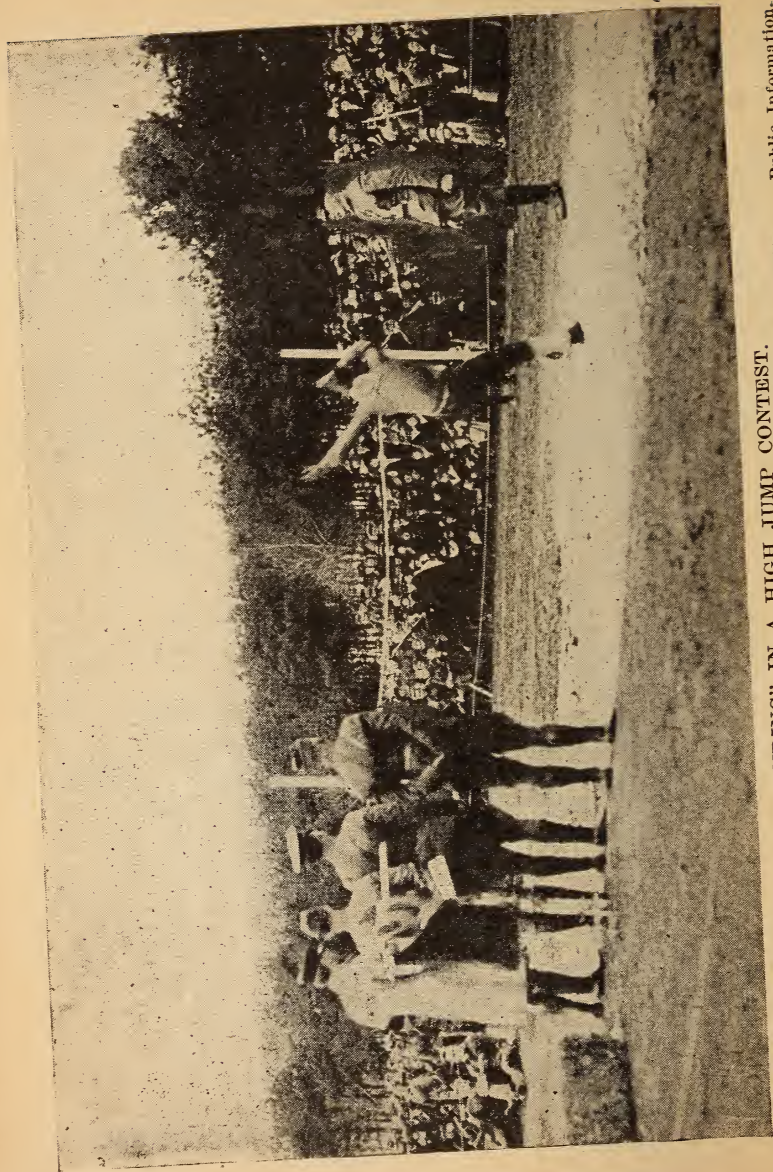
SUGGESTIONS FOR OFFICIALS.

A handkerchief tied to the arm of the captain of a team will help to distinguish him, especially in large group events such as medicine ball, flag and gun relays.

Before a race appoint one man to select the first to finish; another to pick the second man; another for third. Each of these should watch exclusively for the man he is to pick, paying no attention to the place in the race other contestants may secure, and if the latter are not wearing competitors' numbers, follow the man selected and keep in touch with him until his name and the group from which he has entered has been secured by the clerk of the course.

To prevent confusion, as soon as a team race or group contest is finished, the competitors should be lined up and brought immediately to "attention" before being dismissed.

Before the start of a contest, verify the number of men lined up on each side and watch that each competitor keeps his place and competes in his proper turn.



"LANDING" IN A HIGH JUMP CONTEST.

Photo Copyright by Committee on Public Information.

A Sample Holiday Programme of the Army

Bulletin No. 57.

October 9, 1918.

In celebration of Liberty Day, Battalion Commanders will arrange the following programmes for athletic contests Saturday and Sunday:

1. A track meet Saturday, October 12, at such time as will not interfere with other programmes in observance of the day on that part of the parade grounds adjacent to their area. The meet to be an inter-company affair.

2. An inter-battalion track meet at 2 P. M., Sunday, October 13, at the camp base ball diamond, between the winning teams from each battalion in each event held Saturday, October 12.

Company Athletic Officers will be responsible for organization of teams for the various events and for participation of all available men.

The meet of Saturday, October 12, will be an inter-company affair in each battalion, points to be scored as follows:

First place.....	5 points
Second place.....	3 points
Third place.....	1 point

Each battalion will appoint one officer to act as scorer. His duty is to record the points scored by each company and the event in which these points are scored. At the conclusion of the meet on Saturday he will present the list of winning teams in each event to the Athletic Officer, who will be responsible for these teams appearing at the camp base ball diamond on Sunday to compete in the inter-battalion meet.

The events to be competed for in the meets Saturday and Sunday are as follows:

1. 100-yard Shuttle Race—Teams of 20 men from each company.
2. Tug-of-War—Teams of 10 men from each company.
3. Equipment Race—Distance, 100 yards. Teams of 1 man from each company. At 25-yard mark men remove hats; at 50-yard mark men remove shirts; at 75-yard mark men remove regulation lace leggings and shoes; men run to 100-yard mark and return, replacing each article of clothing at point it was placed before continuing.
4. Three-legged Race—50 yards. Teams of 2 men from each company.
5. Rifle Shuttle Race—100-yard relays. Teams of 4 men and 1 rifle from each company.
6. Medicine Ball Relay—Teams of 20 men from each company.
7. Rescue Race—25 yards. Teams of 2 men from each company.
8. 100-yard Dash—One man from each company.
9. Jockey Race—Teams of 10 men and 1 rider. Each team lines up in file, men 10 yards apart, with rider on back of first man. At start first man carries rider on his back to second man, whom rider must get on without touching ground. Second man carries him to third, and so on. Last man runs 10 yards to finish line. Course is 110 yards.
10. Hat Race (same as Potato Race)—Teams of 10 men and 1 runner from each company. Ten men line up in file back of starting line, their hats being placed on a line in front of the file in the same order the men stand. No. 1 has his hat on ground 30 yards in front of him. At 2-yard intervals the hats are placed on ground. Runner stands in front of file and at signal runs out and gets No. 1's hat, hands it to him and returns for No. 2's hat, and so on. When No. 10 gets his hat the runner runs to finish line 30 yards in front of No. 1.
11. Squad Drill—One squad from each company. Mistake by man in any squad disqualifies it. To be judged by officers from other organizations.

On Sunday, Event No. 2A will be a Tug-of-War contest between 10 officers from each battalion.

Training for Athletic Events

By JAMES S. MITCHEL

The following was written originally for the information of those in civil life who were taking up athletics for the first time, but the information is just as applicable in general to adaptation by the soldier or sailor who desires to devote his spare time to track athletics.

It is an impossibility to give information or instruction on training which will apply to everyone. Different surroundings and conditions are the principal reasons. I shall endeavor to give a few ideas on work, diet, etc., which, if followed, will certainly do no one harm and ought to prove of benefit to anyone.

Trials should not be taken in any event until one has been working at least three weeks. In running long distances but one trial at the full distance should be run and that at least ten days before date of competing. In jumping, pole vaulting, weight throwing and short distance running once a week is often enough to have a trial, and that should be taken at least four days before date of competition.

Broad jumpers often make a mistake in trying at their event too often and continuously. After getting the run and take-off, which should be carefully measured and noted, and which is the first thing you should be perfect in, a day's jumping, not for distance, about twice a week, and sprinting on the other days, is all that is necessary. A trial about once in two weeks will be enough. I know good broad jumpers who never try it except in competition. The same is true of high hurdle running. After one has mastered the step for about three hurdles, practice at sprinting is all that is needed. Go into all the games you can, as you will then become accustomed to competition, and it will give you confidence and make you less nervous.

DIET.

While wholesome food is necessary to training, a man should not deny himself everything. As far as possible, beef and mutton for meats and eggs and fish occasionally should be the principal articles of diet. Pastry should be dispensed with; by that is meant pies, fancy cake and puddings. Plain cake, rice, bread or tapioca, and a few other similar plain puddings, may be eaten.

Many trainers consider it does a man more harm to go without something he really craves than it does to occasionally eat it. It is not the use, but the abuse of such things which will bring harm to a man's training.

Again, a man can digest things while training which would trouble him ordinarily. A man should drink as much water as he wants, but liquors and beer should not be allowed under any circumstances. Eat all digestible vegetables; avoid soups, tea or coffee, also milk, unless it really agrees with you. Use a moderate amount of fat; the fats of beef and mutton are best, and only a small quantity of butter. Fat will aid nature in training, and a little of it is absolutely essential. Have your meals always on the same hours on successive days.

As regards to the amount the army or navy man should eat in training very little need be said, as they never eat too much, and for this reason their stomachs are always in the very best shape. A very prominent student of what was best to build up a man's vital forces and to renovate his intestines once advised that the best way to get a man's stomach in its proper working capacity was to have him sent to prison for about a month. Ridiculous as

the statement might seem, it possessed some philosophy, for during the term of incarceration the coating of the stomach would have had a rest which would superinduce the working of the gastric juice, and the work daily would have given the quasi-convict enough of exhaustion to insure him a sound sleep, allowing all the vital organs of the body a complete rest.

It is a singular fact that a majority of the world's greatest athletes paid little or no attention to what they ate, but, of course, were sensible enough not to eat the foods that might be harmful to the stomach. W. G. George, the great English distance runner, once told the writer that he never gave a moment's thought as to what he ate, but he observed certain rules which went with good living; that is, his main items of diet were beef and mutton, green vegetables and poached eggs, with some side dishes of minor importance. The late Edward Hanlan, undoubtedly the world's greatest sculler, once remarked that he lost his first race because his trainer would not allow him to eat enough. Innumerable other instances could be quoted of great performers in all branches of sport who could almost eat anything, but their one great cry of warning to all beginners was: **Never overeat.**

BATHING.

Get a good size sponge. Draw warm and cold water into a bowl until the warm has just taken the chill off the cold. Dip your sponge in and squeeze it gently, but retaining some of the water. Wipe yourself off; wipe one arm and wring the sponge out in the water; repeat with the other arm and so go over the whole body, dipping the sponge in the water often. Then wipe perfectly dry with a rough towel. Don't bathe until you have ceased to perspire. Don't take a shower bath or get into a tub, and never use absolutely cold water.

STARTING.

With sprinters, the one essential thing is the start. Many a race is won at the beginning. Practice should be taken gradually and begun early in the season. Practice, if for only a few times each day. If one becomes too sore, let up for a few days. Always practice with someone and practice with anyone and everyone. This is the only way. Get someone who will hold you on your mark, to start you, either by pistol or word. Never try to beat the word or pistol, either at practice or at any time. To be ready for the pistol is the first thing and to immediately start after hearing it is the next. There are several different styles of starting, but experience has proven that the only one and the fastest for all sorts of men is the kneeling style. True, there are men who use other styles to good advantage, but anyone can improve himself from one to two yards by the kneeling start if he gets it right. There are several styles of low starts and the one particularly referred to is as follows:

Place the forward foot from one to four inches back of the starting line. The reason this distance must vary is owing to the difference in length of arms of different men. A man with short arms must get nearer the mark, and one must use one's judgment and find from which distance one can most readily respond to the pistol. The distance of the back foot is similarly governed by the length of leg. Place the forward foot in its proper position and then crouch down, extending the rear foot until the lower leg (from the knee to the ankle) is parallel to the surface of the track. With the knee of the rear leg just touching the heel of the forward foot is the position for the rear foot. Measure this distance from the starting line, put it down somewhere so that it will

not be forgotten. The distance of the rear foot from the starting line is about three feet two inches. Always use the same distance.

The main thing is to start properly. The common fault with low starters is that they immediately straighten up when the pistol is fired. This is entirely wrong. The runner should dive forward and not try to straighten until he has run at least three strides. This fault of straightening too soon is caused by runners putting the rear foot too near the mark. When they push off they can't help rising. If the foot is back far enough the runner will dive straight forward and that is where the quickness of the start comes in. From this position one will seldom go over before the pistol is fired.

WORK.

There is nothing one can do which will stand one in as good stead as running on the road in early season, and many prominent athletes have made their first start in athletics by starting in on the road, because at times it may be impossible to find a suitable track in one's immediate neighborhood. Here is where one will find use for a heavy suit. Never go out on the road without covering the legs and knees perfectly. One may not notice it now, but in after life freedom from rheumatism will amply repay one for the trouble. Right here I would like to say that in the spring and fall one must keep covered up under all circumstances unless actually competing.

In taking road work, begin with about two miles at an easy gait three times a week, running every other day. On the other days devote the time to the specialty it is intended to pursue. After a man has once brought himself to good condition very little work is necessary to keep there, and care should be used, after working steadily for four or five weeks, not to work too much. If one begins to feel lazy and tired after working, stop for two or three days. Work at the same hour each day, if possible, and have that hour correspond with the time at which the race for which you are training will be run. Most games are held in the afternoon and that is usually the most convenient time to work.

HURDLE RACING.

The hurdler must think and act quickly and be possessed of a fair amount of nerve and dash. "He who hesitates is lost" may be aptly applied to the hurdle racer.

In the low hurdle race the runner should dash at the first hurdle with all possible speed; no hesitation. At first the novice will hesitate and be over careful. To overcome the tendency he should put up one hurdle at the proper distance, and, with a revolver starting, practice over the single hurdle about six or seven times every other day for about two weeks, or until he obliterates all traces of his hesitancy. He can now put up three or four more hurdles and practice over these four or five times a day on as many days during the week as his strength will permit, but never more than four or five times a week. A trial of the entire flight may be run once a week. After each day's practice he may run 130 yards on the flat, with a somewhat shortened and quickened stride in 15 seconds. If the spring is made off the right foot, turn the body slightly to the right while clearing the hurdle, and vice versa. He should abstain going over the hurdles for at least three days prior to a race, so as to avoid a chance of getting sore. Long walks should be avoided. This exercise is beneficial to health and the proper work for distance men, but hurdlers and jumpers are not benefitted by it. While it strengthens the heart and legs, and improves the wind, etc., it also stiffens and binds the muscles. Two or three mile walks on days when not practising will be found profitable. Be careful of

overdoing. When the first symptoms of staleness are detected, work should be stopped immediately, and not resumed until strength and snap return. A helpful exercise is to raise each leg alternately, the knee reaching the level of the armpit, the motion being as nearly like as possible to that employed in clearing a hurdle. This practice will tend to enable the legs to be raised quicker and higher, and to clear the hurdle with the body close to the cross-bar. Every inch in height saved in clearing a hurdle means a part of a second saved.

In the 220-yards race the same routine of exercise should be pursued, except that being a longer distance, it would become necessary to run oftener than three times a day.

RUNNING BROAD JUMP.

In this game the take-off is the main thing to be guarded. In a competition, unless the jumper secures a good take-off, the jump is worthless. It matters little whether he be in the best of condition; if the joist is not properly reached all is wrong. It is necessary, therefore, to mark a starting point for the run which will fetch him to the jumping line exactly. This is a matter easily accomplished with the aid of a friend. Have him stand at the joist and note where the foot strikes; should it strike six inches or two feet short of the line, then set the starting line six inches or two feet farther back. The jumper must run with all the speed at his command, without hesitation, and be confident that the take-off will be properly met. Plenty of practice will be required to get the necessary confidence. Some jumpers have two marks, which is a good idea; a starting mark at say 110 feet distant from the take-off, and the second about 50 feet further on. The latter serves as a sort of check. The knees should be quickly raised as high as possible when the jump is made; additional impetus is thus given. Care should be taken not to shorten the stride while running. The natural stride should prevail until the last two paces, when, if possible, it should be lengthened by a few inches. The natural result of this lengthening of the stride is to throw the body up, which means a few more inches gained in distance. Long striders are generally the best broad jumpers. Short striders, unless they have great speed, seldom excel at the game. As speed is an important factor in broad jumping, the jumper should constantly practice at sprinting. Hopping about five hundred times a day is an excellent method of strengthening the jumping leg. Cover about nine inches with each hop about seventy-five consecutive times, with a rest of a few minutes, and then the same thing over again until the desired number of times is reached. The jumper should never lose sight of the fact that it is important to rise as high as possible when jumping. During a competition, while awaiting his turn, he should carefully protect his legs from the cold air and exposure, keeping them thoroughly warm. It is impossible to jump well with cold and stiffened limbs.

POLE VAULTING.

Pole vaulting requires a strong pair of arms as well as a strong pair of nether limbs. As in the broad jump, a starting mark should be used, but the run need not be more than 75 or 80 feet. Speed is an important factor in this game, as in the running jump.

Two of the commonest faults to be found with the pole vaulter are, first, the take-off foot is brought too close to the point of the pole in the ground; this prevents attaining the swing necessary to carry the jumper over; second, the arms are not used in raising the body, which should be done immediately on leaving the ground. Both these faults can easily be remedied, but either is fatal. The faster the run to the bar, the more the impetus obtained. When

clearing the bar the body should be turned so as to face the bar when the ground is reached.

In taking hold of the pole, the upper hand should be at a point about twelve inches below the height to be cleared, the lower hand from 2 feet to 2 feet 6 inches under the upper.

The vaulter should grasp the pole as he would a rope in climbing upward; the thumbs pointing upward.

The arms can be strengthened by all-round work on the horizontal bar. Another method is to hang a rope over the inside corner of a door, or on a hook in the wall; raise and lower the body by the arms, allowing the heels to remain on the floor.

As in the broad jump, the speed and strength in the jumping leg should be developed, which can be accomplished by following the suggestions contained in running broad jump.

EVENTS FOR BIG MEN.

The proportion of big men in the army is necessarily much greater than that to be found on the roster of athletic clubs in private life, and for that reason it is the duty of the athletic director to devote at least a portion of his time to men whose size and weight precludes them from the track events in which speed is the principal feature.

Instead of being looked upon as a side issue, the weight events and javelin and discus throws can be made attractive and interesting, not only to the contestants but also to the spectators, feats of strength and brawn always, and in all ages, commanding admiration and attention. And with the vast number from which to select, undoubtedly many men would be brought to the fore who would give the most experienced a race for honors. At the same time, with a little encouragement, these novices would soon overcome their crudeness of method and develop a form in their specialty, which, with a love for the sport, would be the means of eventually disseminating the seeds of athletics in the most remote communities where previous to the war such contests were unknown.

As previously noted, an army or navy man of two hundred pounds or more cannot sprint or jump, but he has to do something to keep his muscles in trim, and therefore suitable contests should be arranged to his liking. On this point, exercise with the 56-pound weight, the 16-pound shot, the discus, 16-pound hammer, and the javelin, at once suggest themselves to the instructors of military sports. Any one of the quintette will give the big men plenty of beneficial employment in the development of the shoulders and legs, as well as bringing about the condition of a quick, active muscle, found to be of the greatest advantage when handling the gun, and especially in bayonet drills, and the several requirements of the infantryman. Regarding the amount of work to be done by the big men, there is an unlimited margin. In fact, he may toy with the weights all day long and not do himself the least harm. The morning after a hard day's juggling weights, he may find his muscles a trifle sore and uninclined for any further indulgence, but here the old-time remedy may be brought into play; that is, if it is possible for him to procure a tepid bath he could throw a handful of washing soda into it, and after a plunge the soreness will immediately pass away.

For the big men of the army or navy who may be inclined toward flat feet or soft ankles, one of the very best exercises, and the latest remedy advocated by the scientists, is to spend ten minutes every morning rising up and down on the toes, with the heels together, and, if found convenient, with the hands held above the head, or if this is found uncomfortable, with the hands pressed tightly on the waist.

THE TRAINING SCHEDULE.

To lay down any hard and fast schedule for the army or navy man who might go in for athletics is not an easy task, as all men are differently constructed, and then other conditions have to be considered. Still, if a man aspires to figure among the front rank in any of the branches of track or field competition he had better do some kind of work more or less at his specialty every day. The late Mike Murphy, and, in fact, nearly all the astute trainers of the present period, worked their squads every day. Of course, if a man did not feel right he should be laid off for a day and content himself with a brisk walk of a couple of miles. When Murphy trained his great New York Athletic Club team for the big international meet of 1895 against England, he worked all the sprinters together, and he pursued the same tactics later while employed at Yale and the University of Pennsylvania, and while training the Olympic team that won so splendidly at Stockholm in 1912. This daily routine of the sprinters consisted mainly of starts and short dashes of about thirty or forty yards, and always well up on the toes. Sometimes a dozen starts were taken and sometimes less, as the needs of the competitors might be. These starts always wound up with a jog of perhaps 150 or 200 yards. Murphy was a great believer in the jog, the same as the Sheffield sprinters, as there is nothing better to improve the length and driving power of the stride, the development of the thighs and the body action. Much the same plan was followed by Murphy in preparing the men for the 220 yards and quarter mile, only the quarter men were made to finish with a run of about 600 yards at top speed. One remarkable incident about Murphy was his incessant admonition to the sprinters and quarter men to always run well up on the toes. It is an old, old theory among the Sheffields, and a right good one to keep in mind.

Of the track events the half mile and the amount of work attached, is unquestionably the most delicate to handle. Jogs of 1,000 yards at about three-quarters speed have been found to be a good plan, with a brisk smash at the full distance twice a week, when the use of a watch will be found necessary. It is the easiest thing in the world to do too much work at the half mile, and here it is worth while remembering that Murphy had the hardest sort of a task to keep C. H. Kilpatrick, of New York, whose record stood for twenty years, from the track during the critical part of the preparatory work immediately preceding the meet. As to the timing of the candidates in the middle distance or the sprints, the use of the watch in the latter department is of minor importance. Murphy never bothered his head about holding a watch on the practice spins of the sprinters, and only in a real tryout did he bring the stopwatch into play. His contention was that a watch showed nothing in training trials, and was nothing less than a badge of the trainer to show his authority on the field. Similar views as to the utility of the watch prevailed among the more advanced professionals. Harry Hutchens once informed the writer that he never timed himself in trials or training; that the results of the watch showed nothing, adding that the man who was a judge of his own work always well knew when he was running better or worse, and that it was enough for him to know just once before a race what he could do. Anyway, Hutchens could always do better in a contest than he could in a private trial,

The Ethics of Competition

OBEDIENCE TO RULES.

It is impossible to conceive of games without rules; for all they are necessary. They have been carefully thought out by experts, with the intention of making the games interesting, fair to all taking part, and, where great activity is required, as in basket ball, foot ball, soccer and base ball, to prevent injury to the players.

Without question, before beginning any contest, these should be read and should be thoroughly understood. Then after a full understanding, the next thing is strict obedience to them. Unfortunately, this is not always the case; at times, in order to gain some advantage over an opponent, or opposing team, there is a temptation to infringe upon the rules, but when one stops to consider the ethics of this, he must confess that such action is absolutely wrong. It is taking an unfair advantage, and may also lead to further infringement, which will spoil the game.

ABIDE BY THE DECISIONS OF THE JUDGES.

To see that rules are strictly carried out, a judge, an umpire, or a referee is appointed, and he is expected to be perfectly unbiased in his decisions. But however careful he may be, now and then he may make a mistake. At such times, the players should realize the difficulty of his position, and should abide by his decision.

Should, however, a decision be manifestly unfair, the captain of the team is the proper one to protest to the umpire; he is the one to do the talking, and while he is doing it, the other players should keep their places, for there is nothing more undignified than a crowd of baseball players, for instance, rushing towards the umpire and clamoring their protests. As a matter of fact, they can accomplish nothing because of their noise. Such disputes must be settled by cool heads with quiet argument, and the captain is the one to do it.

If he is unable to make a satisfactory settlement, do not further delay the game, nor refuse to play, but continue under protest, and later such protest can be laid before the proper authorities for their decision.

GENTLEMANLY CONDUCT.

Sometimes, when games are being played, remarks are made about the personal appearance of an opponent, or his racial ancestry is held up to ridicule. Clearly this is not clean sport, and should not be indulged in for a minute. By all means avoid such personalities; ever keep in mind that rarely is a person responsible for his facial appearance, and that all human races have good qualities, and have produced great works. A broad minded person looks for good points in others, rather than for some peculiarity.

Sometimes, when there has been a close or a wrong decision, individual players, or even whole teams, or their followers, or all, conduct themselves in a most unbecoming manner. They guff the umpire, hoot and yell, and sometimes indulge in bad language. The same thing sometimes happens when the game is going against a team, and then the opponents are treated in a similar way. It also sometimes happens that players quarrel among themselves, and indulge in unbecoming remarks. Sometimes, after a game, a team and its followers quarrel with their opponents.

All such conduct is not proper, and should be strictly avoided. Be courteous to your superiors, your umpires, and to one another.

It frequently happens that emphasis is put upon the poor plays of the opponents, rather than upon the good plays of one's own team. It would seem better to applaud the good plays, rather than to jeer at the bad; be generous enough to appreciate and applaud the good plays of your opponents.

A courteous player never attempts to do injury to another. Games won by such foul means were better lost.

POSSESS GOOD NERVE.

Frequently a team competes with one that is far its superior. This is the time when good nerve is required. Don't be discouraged, don't make petty complaints, don't give up the game, but play for all you are worth, and you will not only feel happier yourselves, but you will have the respect of others.

TEAM WORK.

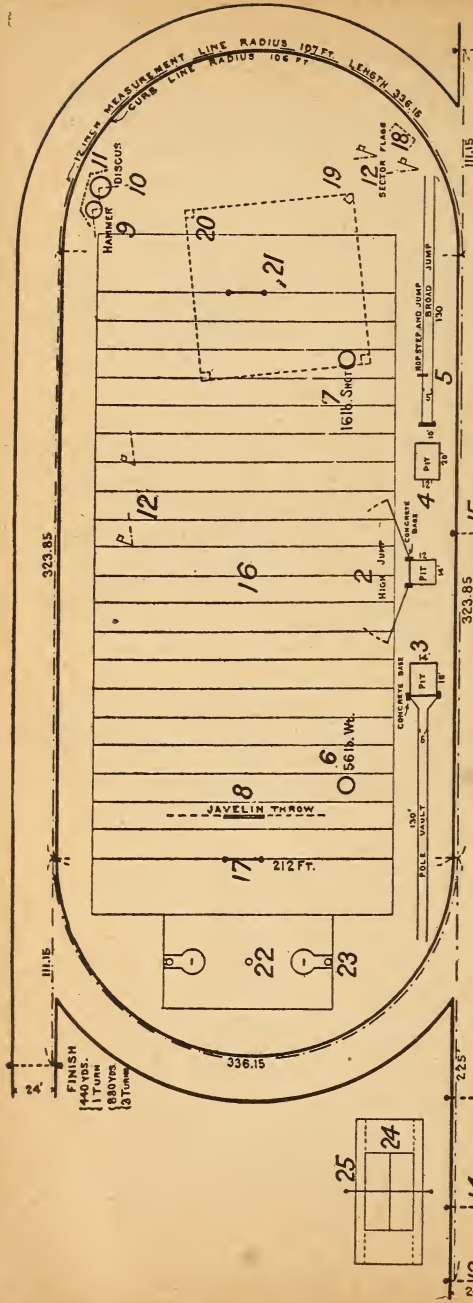
When two or more players are on a side, they constitute a team. Clearly when teams play, the individual players must subordinate themselves for the general good of the team. Each must keep in mind that a great responsibility rests upon him in his position, and that as far as possible he should keep that position. It may seem to him, at times, that he should like to take a more active part in whatever play is being made at a particular time, but as a matter of fact failure to play his position might lose his side the game. During an entire game, he may not have opportunity to make any marked play, but if he has played his position to his utmost, he should be satisfied in the consciousness of having done his duty. It is this team work that means victory.

HONESTY.

Frequently, a participant is the only one who knows the truth about a play, under dispute, and by keeping silent, or by not telling the truth, points would be gained by his side. At such times, the best course is honesty; tell the truth even though it may hurt your side. Get above the idea of winning at any price.

CHARACTER.

In all athletics, keep in mind that while you play to win there is something higher than this. It is Character. Get self-control, play fair, be courteous to all, and ever act like a gentleman.



- START START START
20 100 100
80 100 100
100 100 100
- 1-Track (quarter mile).
2-Running high jump.
3-Pole vault.
4-Running broad jump.
5-Running hop, step and jump.
6-56 lb. weight throw for distance.
7-16 lb. shot put.
8-Javelin throw.
9-16 lb. hammer throw.
10-Discus throw.
11-Protective cage, hammer and discus throws.

- 12-Metal sector flags for hammer throw and discus.
13-Start 220, 440, 880 yards run, 220 yards hurdle race.
14-Start of 120 yards hurdle race.
15-Start of 120 yards hurdle race.
16-Start of 120 yards hurdle race.
17-Start of 120 yards hurdle race.
18-Start of 120 yards hurdle race.
19-Start of 120 yards hurdle race.
20-Start of 120 yards hurdle race.
21-Start of 120 yards hurdle race.
22-Start of 120 yards hurdle race.
23-Start of 120 yards hurdle race.
24-Start of 120 yards hurdle race.
25-Start of 120 yards hurdle race.

- 15-Finish 100 yards run; 120 yards hurdle race; 880 yards run; 1 mile run; 6 mile run.
16-Foot ball field.
17-Foot ball goat posts.
18-Movable base ball backstop.
19-Home plate (rubber).

- 20-First base.
21-Pitcher's plate (rubber).
22-Basket ball court.
23-Goal net; use tennis marker for boundary lines.
24-Single and double tennis court.
25-Net and posts.
Single and double nets; adjustable posts.

Accessories—Platform (movable) for judge at finish; gong to attach to finish post to announce beginning of last lap; red worsted for finish line; stakes and cord to make lanes for sprints; whistle for officials; megaphone for announcer; steel tapes for measuring; rake for jumping pits. Timers provide their own stop watches. It is also advisable to have a bench, with smooth board in front, securely nailed, to serve as a desk for reporters. For duties of officials, and general conduct of an athletic meet, see Official Handbook of the Amateur Athletic Union of the United States (Spalding's Athletic Library No. 12A), price 10 cents.

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How to Lay Out an Athletic Track

The recognition given to athletic sport by the Army and Navy, in addition to the interest manifested by the directors of large industrial establishments, who have come to realize the value of athletic contests as a healthful form of recreation, has led to numerous inquiries as to the best method of laying out an athletic track. An athletic field badly designed or constructed tends to lessen interest, and as in many cases it is difficult to obtain the information locally, we present herewith a sample diagram, which can serve as a basis for individual requirements. This track was designed for the 1916 national championships of the Amateur Athletic Union of the United States, and is situated in Weequahic Park, Newark, N. J. The arrangement was conceded by leading athletic authorities to be ideal, and the fact that a number of new American records were established, testifies to the speed and construction of the track. While, of course, the construction might be too expensive or too detailed for temporary use, still the plans are given in full, and any portion may be adapted for local needs. It was designed and laid out by Mr. Frederick W. Rubien of New York, Secretary of the Amateur Athletic Union of the United States. Mr. Rubien, who is a civil engineer and surveyor, has had many years' experience in the construction of athletic tracks. At the request of the late Mr. James E. Sullivan, who, until his death in 1914, was the leading authority on athletics in the world, Mr. Rubien made the drawings for the Jamestown Exposition athletic track and McComb's Dam Park track in New York, also a track for the Massachusetts Institute of Technology in Boston, which have been recognized as model tracks for their respective purposes.

While the accompanying diagram is made exclusively for athletic competition, it also shows how a base ball diamond can be included, and, as the seasons change, the enclosure can be used for inter-collegiate or soccer foot ball, with space at the opposite end for open air basket ball and tennis. It is also available for mass exercises or meetings of any kind, and, in winter, could be turned into an open air skating rink, when the climate permits, on which hockey matches and speed and figure competitions could be given, in addition to general skating.

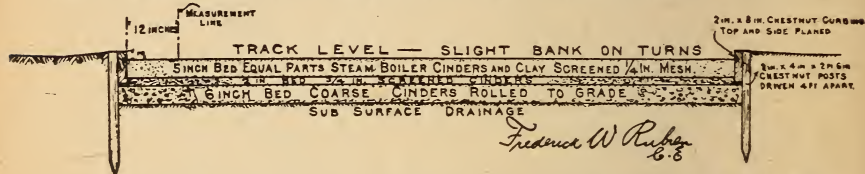
METHOD OF CONSTRUCTION.

An athletic field can be laid out on almost any level area and while no hard and fast rule can be laid down as to the selection of a plot, nevertheless if the ground is high and dry a better result will be obtained.

It is generally conceded that a running track measuring four laps to a mile is the most popular size for outdoor sports. In addition to the track events proper, pole vaulting and the jumps may be contested without interruption, while the field competitions—javelin, discus, shot, hammer and the heavy weight—can be carried on within sight of the spectators and with safety to contestants and officials. A very satisfactory base ball diamond can be laid out within the limits of the track, and the space is ideal for intercollegiate and soccer foot ball. Outdoor basket ball is practicable, while permanent tennis courts also can be included.

A glance at the cross section will call attention to the inexpensive and light, springy nature of the track as against the heavy, macadam construction so often employed. An all cinder track is absolutely worthless. The cinders will not pack, they tear up easily, and it is the hardest kind of a track to keep in condition.

The track shown herewith was started in the late fall. A trench about a foot deep was cut the width of the track and brought to sub-grade. About 2,200 yards of clean, steam boiler cinders, of a very uniform grade, were carefully screened through a quarter-inch mesh screen. While this work was in progress, the curb was laid, the posts driven and curbing carefully set to grade, including the outer banked curbing on the turns. The first layer of coarse cinders was placed in position throughout. The next two-inch layer of three-quarter inch screenings was then laid and rolled. The top



dressing of one-quarter inch screenings and clay, after careful mixing, was then spread to top of curb. The track, was fenced off and allowed to set for the winter and rolled with light rollers in the spring. Heavier rollers were used as the surface began to pack. The winter preliminaries did not prevent the use of the track, which is in a public park, from use during the entire summer, and when the date for the championship arrived—September 8 and 9, 1916, held in conjunction with the celebration of the two hundred and fiftieth anniversary of the founding of the city of Newark—it required very little attention and was lightning fast, as attested by the time of the contestants in the various events. The infield, from curb to curb, is 212 feet wide, about 30 feet wider than the track in the famous Harvard Stadium. The turns are not as sharp as in the latter and the tangents are about 108 yards long. The entire track, which is spirit level throughout, except for the slight banking on the turns, is 24 feet wide, permitting six lanes for the sprints and five regulation width hurdles. It has a 220 yard straightaway, the 440 yards was run with one turn and the 880 yards with two turns. The main seating accommodations were along the 220 yard straightaway. The jumping pits were located directly opposite the stand and about 15 feet inside of the curb, affording the greatest number of spectators an excellent view. This arrangement is preferable to having all of these events crowded at one end of the infield. The locations of the weight events are distributed about the infield and do not interfere with each other or place the officials or spectators in jeopardy from miscalculated throws. The running portions of the jumps were prepared in same way as the track. The pits were dug to a depth of one foot and filled with a springy mixture of top soil and excelsior.

After a track has been built it should not be allowed to run down, constant attention being necessary to keep it up to a high standard of efficiency. It is simply money wasted to build an athletic track and then expect it to keep in condition without any further attention. A groundsman should be employed, whose duty it should be to care for the track exclusively. In dry weather it should be sprinkled every day or two and gone over daily, scraped and rolled, and all uneven surfaces brought up to a level. The best made tracks will develop these depressions and the best way to discover them is to go out on the track immediately after a rainstorm and note where the puddles occur. Throw into each puddle a block of wood, to serve as a marker when the water has disappeared. These imperfections should have immediate attention. It is also a good plan to have several loads of the finest sieved cinders on hand, which should be worked in from time to time with the top dressing, rolled, scraped and watered.

ATHLETIC RULES.

TRACK AND FIELD EVENTS.

RULE I.

OFFICIALS.

1. All amateur meetings shall be under the direction of

A Games Committee.

One Referee.

Two or more Inspectors.

Four or more Judges at Finish

One Chief Field Judge.

Three or more Field Judges.

Three Timekeepers.

One Judge of Walking.

One Field Doctor.

One Starter.

One Clerk of the Course.

One Scorer.

One Press Steward.

One Official Surveyor.

One Marshal.

2. If deemed necessary, assistants may be provided for the Timekeepers, the Judge of Walking, the Clerk of the Course, the Scorer, the Press Steward and the Marshal, and an Official Announcer may also be appointed.

RULE II.

THE GAMES COMMITTEE.

1. In championship meetings, the Games Committee shall be appointed by the Championship Committee.
2. At any club meeting the Games Committee shall be appointed by the club holding the meeting.

3. This Committee shall provide a place properly laid out and measured to conform to all the requirements of these rules and shall also furnish all implements and equipment necessary for the satisfactory competition of the events scheduled in the official program, and shall have jurisdiction of all matters not assigned by these rules to the Referee or other games officials.

RULE III.

REFEREE.

1. The Referee shall enforce all the rules and decisions of the Amateur Athletic Union, and shall decide all questions relating to the actual conduct of the meeting, the final settlement of which is not otherwise assigned by said rules.

RULE IV.

INSPECTORS.

1. It shall be the duty of an Inspector to stand at such point as the Referee may designate; to watch the competition closely, and in case of a foul or violation of the rules by a competitor or other person, to report to the Referee what he saw of the incident.

2. Such Inspectors are merely assistants to the Referee, to whom they shall report, and have no power to make any decisions.

RULE V.

JUDGES AT FINISH.

1. There shall be four or more Judges at Finish, who shall decide the order in which the competitors finish in the competition. In case of a disagreement, the majority shall decide. Their decision as to the order in which the men finish shall be final and without appeal.

RULE VI.

FIELD JUDGES.

1. The Chief Field Judge shall see that all implements and equipments are in accordance with these rules and that the field events are conducted expeditiously.

2. The Field Judges shall measure, judge and record each trial of each competitor in all games, whose record is of distance or height. Their decision as to the performance of each man shall be final and without appeal.

RULE VII.

TIMEKEEPERS.

1. Each of the three Timekeepers shall time every event. In case two of their watches agree, and the third disagrees, the time marked by the two shall be official time. If all watches disagree, the time marked by the watch giving the middle time shall be the official time. Time shall be taken from the flash of the pistol.

2. Should assistants to the Timekeepers be provided, they shall perform like duties, but the time recorded by their watches shall only be accepted in the event of one or more of the watches held by the other Timekeepers failing to mark the time, in which case they shall be called upon in such order as may be previously decided upon, so that on all races, where possible, three watches shall record the time.

3. If, for any reason, only two watches record the time of an event, and they fail to agree, the longest time of the two shall be accepted as the official time.

RULE VIII.

JUDGE OF WALKING.

1. The Judge of Walking shall have sole power to determine the fairness or unfairness of walking, and his rulings thereon shall be final and without appeal. He

shall caution any competitor whenever walking unfairly, the third caution to disqualify, except that he shall immediately disqualify any competitor when walking unfairly during the last 220 yards of a race. He shall control his assistants, and assign to them such of his duties as he may deem proper.

See Rule XLVIII.

RULE IX.

CLERK OF THE COURSE.

1. The Clerk of the Course shall be provided with the names and the numbers of all entered competitors, and he shall notify them to appear at the starting line before the start in each event in which they are entered.

2. In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the Starter should any competitor attempt to advance himself after the Starter has warned them to "get ready;" and in time allowance handicaps shall furnish the Starter with the number and time allowance of each actual competitor. He shall control his assistants, and assign to them such duties as he may deem proper. In all track competitions run in lanes the choice of lanes shall be drawn for in each heat; in all other track competitions the positions shall be numbered from the curb or pole and shall be drawn for according to clubs in scratch events, and in handicap events the competitors shall be allotted their positions by the Clerk of the Course.

RULE X.

SCORER.

1. The Scorer shall record the order in which each competitor finishes his event, together with the time furnished him by the Timekeepers, and the height or distance furnished him by the Field Judges. He shall keep a tally of the laps made by each competitor in races covering

more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap. He shall control his assistants, and assign to them such of his duties as he may deem proper.

RULE XI.

PRESS STEWARDS.

1. Press Stewards shall obtain from the Clerk of the Course and Scorer the names of all starters in each event, the names of all point winners, and the times or distances of each winning or record performance, and keep the press thoroughly informed of all doings of the meeting.

RULE XII.

OFFICIAL SURVEYOR.

1. The Official Surveyor shall survey the track and all courses for the distances which are to be contested and furnish a statement of same to the Games Committee or Referee before the games.

RULE XIII.

MARSHAL.

1. The Marshal shall have full police charge of the enclosure and shall prevent any but officials and actual competitors from entering or remaining therein. He shall control his assistants and assign to them their duties.

RULE XIV.

STARTER.

1. The Starter shall have entire control of the competitors at marks, and shall be the sole judge of fact as to whether or not any man has gone over his mark.

2. All races shall be started by the report of a pistol,

except that in time handicap races the word "Go" shall be used.

3. All questions concerning the start shall be decided by the Starter.

4. When any part of the body of the competitor shall touch the ground in front of his mark before the starting signal is given, it shall be considered a false start.

5. If, in the opinion of the Starter, a false start has been made, he can recall the competitors by a second pistol shot, and penalize the offender or the offenders.

6. For all races up to and including 125 yards, the competitor shall be put back 1 yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, 2 yards for the first and 2 yards for the second; in races over 300 yards and including 600 yards, 3 yards for the first and 3 yards for the second; in races over 600 yards and including 1,000 yards, 4 yards for the first and 4 yards for the second; in races over 1,000 yards and including 1 mile, 5 yards for the first and 5 yards for the second; in all races over 1 mile, 10 yards for the first and 10 yards for the second. In all cases the third false start shall disqualify the competitor from the event. In relay races the penalty shall be according to the distance the offender is to run in the race.

7. The Starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official program, after the Starter has given the warning to "get ready."

8. The Starter must have at least two good cartridges in his pistol before starting a heat.

RULE XV.

OFFICIAL ANNOUNCER.

1. The Official Announcer shall receive from the Scorer the result of each event and announce the same by voice or by means of a bulletin board.

RULE XVI.

THE COURSE.

1. Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks. On races with tracks of one or more turns, he shall not cross in front of a competitor until he is two yards in advance of his nearest competitor.

2. In all championship races of the Amateur Athletic Union, or any of its Associations, at any distance under and including 300 yards, each competitor shall have a separate course (at least 3 feet), properly roped, staked and measured, whether the race be run on a straight path or around one or more curves.

RULE XVII.

ATTENDANTS.

1. Except in distance races of five miles or over, no attendant or competitor who is not actually taking part in the race shall accompany any competitor on the mark or in the race, nor shall any competitor be allowed, without the permission of the Referee or Judges, to receive assistance or refreshment from anyone during the progress of the race.

RULE XVIII.

THE COMPETITION.

1. Any competitor wilfully jostling, or running across, or obstructing another competitor so as to impede his progress, or competing to lose or to coach another competitor, either in a trial or final contest, shall forfeit his right to be in the competition, and shall not be awarded any position or prize to which he would otherwise have been entitled.

2. No competitor, after leaving the track, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or assist another competitor.

3. When, in any but the final heat of a race, a claim of foul or interference is made, the Referee shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

4. When, in a final heat, a claim of foul or interference is made, the Referee shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

5. Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself in a manner unbecoming a gentleman, or offensive to the officials, spectators or competitors at any meeting held under the rules of the Amateur Athletic Union, may be disqualified by the Referee from future competition at the meeting, and if the Referee thinks the offense worthy of additional punishment he shall promptly make detailed statement of the offense to the Registration Committee in whose territory the offense was committed.

RULE XIX.

CHANGE OF PROGRAM.

1. The order of events, as laid down in the official program, shall not be changed, nor shall the announced arrangement of heats in any event be added to or altered except by the Referee, who, however, shall have no authority after heats have been duly drawn or published in the program, to transfer a contestant from one heat to another.

RULE XX.

POSTPONEMENTS.

1. The Referee shall have the power to call off or post-

pone to a future date any event even though the same has been actually commenced, if in his judgment the competition cannot be conducted or completed in a satisfactory manner and in fairness to the competitors.

2. Should any event have been actually commenced, it shall be conducted (between the competitors who reported on the first date) at a future date in the same manner as though the competition had never been started.

RULE XXI.

COMPETITORS.

1. All competitors shall report to the Clerk of the Course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

2. Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

RULE XXII.

FIELD EVENTS.

1. The officials shall have the power to change the place of the competition in any field event if in their opinion the conditions warrant the same.

2. All measurements must be made with a steel tape.

3. In all scratch events the competitors shall take their trials in the order of their names as printed in the program.

4. In all handicap events the competitor having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.

RULE XXIII.

WEIGHT EVENTS.

1. In all weight events thrown from the circle, except Throwing the Heavy Weight for Height, the competitor must stay in the circle until his attempt is marked by an official.

2. In all weight events thrown from the circle, the competitor may touch the inside of the circle.

3. The circle shall be 7 feet (2.134 meters) in diameter for all weight events except Throwing the Discus, which shall be thrown from a circle 8 feet $2\frac{1}{2}$ inches (2.5 meters) in diameter. The circle shall be measured from the inside, and in outdoor competitions shall be sunk almost flush with the ground. In indoor competitions the circle may be marked on the floor.

RULE XXIV.

THE FINISH.

1. The finish line shall be a line on the ground drawn across the track from finish post to finish post and the men shall be placed in the order in which any part of their bodies (i. e., "torso," as distinguished from the head, arms, feet or hands) crosses such line.

2. For the purpose of aiding the judges, but not as a finish line, there shall be stretched across the track at the finish, 4 feet (1.22 meters) above the ground, a worsted string which shall not be held by the judges, but fastened to the finish post at either side, so it will always be at right angles to the course and parallel to the ground.

3. No competitor shall be considered to have finished unless his entire body shall have crossed the finish line.

RULE XXV.

TRACK MEASUREMENT AND THE DIRECTION OF RUNNING.

1. All distances run or walked shall be measured upon a line 12 inches outward from the inner edge of the track,

except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finish line. There must be a border of board, rope, cement, or other material.

2. The direction of the running shall be left hand inside.

RULE XXVI.

USE OF IMPLEMENTS.

1. A competitor may use his own implement, provided the same complies with the specifications hereinafter set forth.

2. No competitor shall be permitted to use the implement of another competitor without the special consent thereto given by the owner of such implement.

RULE XXVII.

OFFICIAL PEGS.

1. In events where cross-bars and pegs are to be used, pegs shall be without rings and of uniform thickness and must not extend more than 3 inches from the uprights. The cross-bar must be of wood, the ends of which must not project more than 6 inches beyond the pegs.

RULE XXVIII

PROTESTS.

1. Protests against any entered competitor may be made verbally or in writing to the Games Committee or any member thereof before the meeting, or to the Referee during the meeting. If possible, the Committee or Referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the amateur standing of the competitor or his eligibility to compete, in which case the

Games Committee must report such protest within forty-eight hours to the member of the Registration Committee in whose territory the games are being held.

RULE XXIX.

TIES AND DEAD HEATS.

1. In all scratch contests where results are determined by measurements of height or distance, ties shall be decided as follows:

(a) If two or more competitors tie at any height in the standing or running high jump, the bar shall be lowered at the discretion of the officials and three more trials allowed, the competitor clearing it in the least number of trials to be the winner.

(b) If there is a second tie, the bar shall be lowered and three more trials allowed, the competitor clearing it in the least number of trials to be the winner.

(c) If there is another tie at any height, the bar shall be raised or lowered, at the option of the officials, and the competitor clearing it in the least number of trials shall be declared the winner. All further ties shall be decided in the same way.

(d) In case of a tie in the pole vault, the officials shall raise or lower the bar, at their discretion, and those competitors who have ties shall be allowed one trial at each height.

(e) In case of a tie in a scratch contest at any other game decided by height or distance, each of the tying competitors shall have three additional trials, and the award shall be made in accordance with the distances cleared in these additional trials. In case of a second tie, three more trials shall be allowed, and so on, until a decision is reached.

(f) In case of a tie in any field event, the subsequent performances only determine the relative position of those who are competing to decide the tie.

2. In case of a dead heat in any scratch track event the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the Referee.

3. In handicap contests, in both track and field events, the award shall be given to the competitor who received the least allowance. In case of a tie or dead heat between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

JUMPING.

RULE XXX.

RUNNING HIGH JUMP.

1. The Field Judges shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

2. Three jumps are allowed at each height, and a failure at the third attempt shall disqualify.

3. A competitor may commence at any height above the minimum height.

4. At each successive height each competitor shall take one trial in his proper turn; then those failing, if any, shall have their second trial jump in like order, after which those having failed twice shall make their third trial jump.

5. A competitor may decline to jump at any height in his turn, and by so doing, forfeits his right to again jump at the height declined.

6. The jump shall be made over a bar resting on pegs projecting from the uprights, and when this bar is removed from its place it shall be counted as a trial jump.

Neither diving nor somersaulting over the bar shall be permitted.

7. A line shall be drawn 3 feet in front of the bar and parallel therewith, to be known as a balk line, and stepping over such line, in any attempt, shall be counted

as a "balk," and two successive "balks" shall be counted as a trial jump.

8. As soon as a competitor makes a spring in order to jump, this shall be counted as a trial jump.

9. The distance of the run before the jump shall be unlimited.

10. All measurements shall be made perpendicularly from the ground to the upper side of the bar where it is lowest.

11. The employment of weights or grips of any kind is forbidden.

12. A competitor may place a mark for his take-off in running broad or running high jump.

13. The uprights shall not be moved during the competition.

14. The uprights shall be at least 12 feet (3.66 meters) apart.

15. The take-off ground about the jump must be level.

RULE XXXI.

STANDING HIGH JUMP.

1. The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as one trial jump without result. A competitor may rock forward and backward, lifting heels and toes alternately from the ground, but he may not lift either foot clear from the ground or slide it along in any direction on the ground.

2. With these exceptions, the rules are the same as those for the Running High Jump.

RULE XXXII.

RUNNING BROAD JUMP.

1. The length of the run is unlimited. Each competitor

shall be allowed three jumps, and the five best shall be allowed three more jumps. Each competitor shall be credited with the best of all his jumps.

2. When jumped on earth the take-off shall be from a joist sunk flush with the ground, the outer edge of which shall be called the scratch line. In front of the scratch line, over a width of 3.94 inches (10 centimeters), the ground shall be sprinkled with soft earth or sand to make it slightly higher than the take-off joist. The measurement of the jumps shall be made at right angles from the scratch line, or scratch line extended, to the nearest break in the ground made by any part of the body of the competitor.

3. If any competitor swerves aside at the taking-off line, or the line extended, or touches the ground in front of the take-off joist with any part of his shoe or foot, such jump shall not be measured, but it shall be counted against the competitor as one jump.

4. A line shall be drawn 6 feet in rear of the scratch line, to be known as the balk line, and stepping, or falling, over such line, or such line extended, in any attempt, shall be counted as a "balk," and two successive balks shall be counted as a trial jump.

5. The rules for the Running High Jump shall govern, where applicable.

RULE XXXIII.

STANDING BROAD JUMPS.

1. (See rules for the Standing High Jump, as well as, where applicable, for the Running Broad Jump.)

RULE XXXIV.

HOP, STEP AND JUMP.

1. The competitor shall first land upon the same foot with which he shall have taken off, the reverse foot shall be used for the second landing, and both feet shall be used for the third landing.

2. In all other respects, the rules for the Running Broad Jump shall govern.

RULE XXXV.

POLE VAULT.

1. The height of the bar at starting and at each successive elevation shall be determined by the Field Judges.

2. Each competitor shall be allowed three jumps at each height, and the competitor who fails at the third attempt shall be disqualified.

3. A competitor may commence at any height above the minimum height. He must, however, jump at every following height until he has forfeited his right to compete further except in the all-around and decathlon competitions.

4. The vault shall be made over a bar resting on pegs.

5. As soon as a competitor has left the ground for the purpose of making a jump, the jump is counted as a trial.

6. A line shall be drawn 15 feet in front of the bar and parallel therewith, to be known as the balk line, and stepping over such a line, or such line extended, in any attempt, shall be counted as a "balk," and two successive "balks" shall be counted as a trial jump.

7. Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off, in which to plant his pole.

8. A competitor must not, in the moment that he makes a jump, or after leaving the ground, place his lower hand above the upper one or move the upper hand higher up on the pole.

9. Poles may have a binding, but must not have any further support for the hands.

10. If the uprights are moved, they shall not be moved more than two feet in any direction, and not more than one hole may be made by a competitor. The take-off ground about the jump shall be level.

11. The uprights shall be at least 12 feet (3.66 meters) apart.

12. All measurements shall be made perpendicularly from the ground to the upper side of the bar where it is lowest.

13. In the pole vault, if in making a trial the competitor's pole is broken, it shall not count as a trial.

14. The rules governing the Running Broad Jump shall also govern the Pole Vault for Distance, except that when the man leaves the ground in an attempt, it shall be counted a trial.

NOTE—If the uprights are moved, the Field Judges should make a re-measurement, because if there is any inequality in the ground at all, changing the uprights may make a difference varying from one inch to a quarter of an inch, and a competitor should not be allowed to obtain an advantage in that way.

THROWING.

RULE XXXVI.

THROWING THE DISCUS.

1. All throws, to be valid, must fall within a 90 degree sector marked on the ground.

2. It shall be a foul throw if the competitor, after he has stepped into the circle and started to make his throw, touches with any part of his body or clothing the ground outside the circle before the discus strikes the ground. It shall also be a foul if the competitor steps on circle.

3. The measurements of each throw shall be made from the nearest mark made by the fall of the discus to the inside circumference of the circle on a line from such mark made by the discus to the center of the circle.

4. Each competitor shall have three trial throws, and the best five shall have three more. Each competitor shall be credited with the best of all his throws.

RULE XXXVII.

PUTTING THE SHOT.

1. The shot shall be put from the shoulder with one hand only, and it must never be brought behind the shoulder.

2. In the middle of the circumference of the circle, at the front half thereof, shall be placed a stop-board, firmly fastened to the ground. In making his puts, the feet of the competitor may rest against but not on top of this board.

3. A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board, the top of the circle, or the ground outside the circle.

4. The measurement of each put shall be taken at the circle from the nearest mark made by the fall of the shot to the inside of the circumference of the circle on a line from such mark made by the shot to the center of the circle.

5. Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result. It shall also be a foul if the competitor steps on the circle, or leaves the circle before his throw has been marked.

6. Each competitor shall have three trial puts, and the best five shall have three more. Each competitor shall be credited with the best of all his puts.

RULE XXXVIII.

JAVELIN THROWING.

1. The throwing shall take place from behind a scratch line properly marked, which shall be a board $2\frac{3}{4}$ inches (7 centimeters) in width and 12 feet (3.66 meters) in length, sunk flush with the ground.

2. The javelin must be held by the grip, and no other method of holding is admissible.

3. No throw shall be counted in which the point of the

javelin does not strike the ground before any part of the shaft.

4. The throw is measured from the point at which the point of the javelin first strikes the ground to the scratch line or the scratch line produced.

5. Each competitor shall have three trial throws, and the best five shall have three more. Each competitor shall be credited with the best of all his throws.

6. The thrower must not place his foot or feet upon the board.

7. In javelin throwing the competitor must not cross the line until his throw has been marked.

8. In throwing the javelin, if the javelin breaks while in the air, it shall not count as a trial.

RULE XXXIX.

THROWING THE HEAVY WEIGHT.

1. In making his throw, the competitor may assume any position he chooses and use both hands.

2. Foul throws and letting go the weight in an attempt shall count as trial throws without result.

3. It shall also be a foul if the competitor steps on the circle, or leaves the circle before his throw has been marked.

THROWING FOR DISTANCE.

4. A fair throw shall be one where no part of the body of the competitor touches the top of the circle or the ground outside the circle.

5. The measurement of each throw shall be taken at the circle from the nearest mark made by the fall of any part of the weight or handle to the inside edge of the circumference of the circle on a line from such mark to the center of the circle.

6. Each competitor shall have three trial throws, and the best five shall have three more. Each competitor shall be credited with the best of all his throws.

THROWING FOR HEIGHT.

7. A barrel head 3 feet in diameter shall be suspended horizontally in the air.

8. The Field Judges shall determine the height at which the barrel head shall be fixed at the beginning of the competition, and at each successive elevation.

9. A fair throw shall be one where no part of the body of the competitor touches the ground outside the circle before the weight touches the barrel head, and where any part of the weight or handle touches any part of the barrel head.

10. The measurement of each throw shall be from the ground perpendicularly up to the lowest part of the barrel head.

11. The method of competition shall be the same as in the Running High Jump.

RULE XL.

THROWING THE HAMMER.

1. All throws to be valid throws must fall within a 90 degree sector marked on the ground.

2. A fair throw shall be where no part of the body of the competitor touches the ground outside the circle.

3. It shall also be a foul if the competitor steps on the circle or leaves the circle before his throw has been marked.

4. Each competitor shall have three trial throws, and the best five shall have three more. Each competitor shall be credited with the best of all his throws.

5. The measurement of the throws shall be from the nearest edge of the first mark made by the head of the hammer to the inside circumference of the circle on a line from such mark made by the hammer to the center of circle.

6. Letting go of the hammer in an attempt, or touching the ground outside the circle with any portion of the

body while the hammer is in hand, are foul throws, which shall not be measured but which shall count as throws.

7. In hammer throwing, if the hammer breaks while in the air, it shall not be considered a throw.

RULE XLI.

METHOD OF MEASURING.

1. In all weight events and broad jumps, that portion of the tape showing the feet and inches must be held by the official at the take-off or at the circle.

RULE XLII.

HURDLES.

1. Different heights, distances and number of hurdles may be selected for hurdle races.

2. In the 120 yards hurdle race, each hurdle shall be 3 feet 6 inches high. They shall be placed 10 yards apart, with the first hurdle 15 yards distant from the starting point, and the last hurdle 15 yards before the finishing line. In the 220 yards hurdle race 10 hurdles shall be used, each hurdle to be 2 feet 6 inches high. They shall be placed 20 yards apart, with the first hurdle 20 yards distant from the starting mark, and the last hurdle 20 yards before the finishing line.

3. In the 440 yards hurdle race 10 hurdles shall be used, each hurdle to be 3 feet in height. The first hurdle shall be placed 40 yards from the scratch mark, the remaining hurdles shall be placed 40 yards apart, and the distance from the last hurdle to the finishing line shall be 40 yards.

4. In the 110 meter hurdle race there shall be 10 hurdles, each hurdle 1.06 meters (3 feet 6 inches) high. The distance from the scratch mark to the first hurdle shall be 13.72 meters (15 yards); the remaining hurdles shall

be placed 9.14 meters (10 yards) apart, and the distance from the last hurdle to the winning post shall be 14.02 meters (46 feet).

5. In the 400 meter hurdle race, there shall be 10 flights of hurdles, each hurdle to be 3 feet in height. The first hurdle shall be placed 45 meters (49.213 yards) from the scratch mark, the remaining hurdles shall be placed 35 meters (38.277 yards) apart, and the distance from the last hurdle to the winning post shall be 40 meters (43.745 yards).

6. In hurdle races of other distances, and with different numbers of hurdles, the hurdles shall be placed at equal intervals, with the same distance between the first hurdle and the starting point and the last hurdle and the finishing line as between each of the hurdles.

7. In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, and no record shall be allowed unless all the hurdles remain standing after the competitor clears them.

8. A competitor knocking down three or more hurdles or any portion of three or more hurdles in a race shall be disqualified. A competitor who runs around or trails his leg or foot alongside any hurdle shall be disqualified.

9. In all championship hurdle races of the Amateur Athletic Union, or any of its Associations, up to and including 300 yards, each competitor shall have separate hurdles and a separate course marked out and measured independently, whether races are run straightaway or with turns.

RULE XLIII.

MARATHON RACE.

1. The Marathon Race shall be run on high roads. The start and finish may be on the athletic grounds.

2. Each competitor must send with his entry a medical certificate, from a physician of standing, certifying to his fitness to take part in a race of this kind.

3. No competitor, either at the start or during the progress of the race, may take any so-called drugs on pain of immediate disqualification.

4. A competitor must at once retire from the race if ordered to do so by a member of the medical staff, officially appointed.

RULE XLIV.

RELAY RACES.

1. A line shall be drawn 10 yards on each side of the starting line of each relay to be known as the starting zone. Within this zone each runner must pass the baton to the succeeding runner. No member of a relay team in order to relieve his team mate can run outside of such zone. The baton must be passed, not thrown or dropped by a competitor and picked up by the one succeeding him. Violation of any of these rules by any competitor shall disqualify the team.

2. No man can run two relays in any one team.

3. The composition of a team cannot be changed after a trial heat has been run. No change can be made in the order of running, except in relay races where each competitor runs the same distance.

4. The positions of the teams must be drawn for.

5. In all relay races an announcement must be made as to the distance each competitor is to run in his relay. Any competitor failing to run the distance required shall cause his team to be disqualified.

6. In the case of a handicap relay race the runner on the first relay is allowed the total handicap allowed each team.

7. In all handicap medley races the longest distance must be run first.

8. All teams entered in relay races shall be lettered, commencing with the letter "A." If any organization shall enter more than one team, each team shall have a

different letter and it shall be the duty of the clerk of the course to check each individual member of said teams to see that they are wearing the proper letter.

RULE XLV.

TEAM RACES.

1. Track team races may be divided, if necessary, into trial heats and a final heat.

RULE XLVI.

CROSS-COUNTRY RACE.

1. The race shall be cross-country on a course properly marked and surveyed. The start and finish may be within the athletic grounds.

2. The course must be properly marked, preferably with red flags to the left and white flags to the right, which must be observable from a distance of 125 yards. In all other respects the rules governing track competitions shall apply.

RULE XLVII.

STEEPLECHASE RACE.

1. There shall be five jumps, including a water jump, to each quarter mile.

2. The hurdles shall be not more than 3 feet high. The hurdles at the water jump shall be firmly fixed.

3. Each competitor shall go over or through the water, and any one who steps to one side or the other of the jump shall be disqualified. The competitor must clear each jump, but may vault each obstacle.

RULE XLVIII.

WALKING.

1. Walking is a succession of steps and, in contradistinction to running (wherein both feet may be off the ground

at the same time), in walking there must always be contact with the ground with some portion of one of the feet.

2. In track races the following code of rules governing walking must be adhered to, or else disqualification will ensue:

(a) Leg Action—As the foremost foot in taking a step touches the ground, the knee must not be bent. The heel must touch the ground first and the toe be the last portion of the foot to leave it. It is imperative that the heel of the foremost foot must touch the ground before the toe of the other foot ceases to have contact with it.

(b) Carriage of Body—The body must be kept strictly upright.

NOTE.—Discretionary power is given to the judge or judges of walking to decide whether, in the event of the body being inclined forward, such attitude is the result of fatigue or arises from some cause beyond the control of the competitor; and if it be, and he or they are convinced that the rule has been broken for such reason only, and that the competitor is still walking fairly otherwise, disqualification need not necessarily follow from this cause alone.

(c) Carriage of Arms—The arms may be held in any way the walker likes, but it is advised that they be carried well up.

3. A disqualified competitor must at once leave the track.

COMBINED COMPETITIONS.

RULE XLIX.

PENTATHLON.

1. The competition comprises the following events: Running Broad Jump, Throwing the Javelin, 200 meters flat race, Throwing the Discus, and 1,500 meters flat race. The events shall be contested in the above-mentioned order.

2. Three trials only are allowed in both jumping and throwing.

3. In the 200 meters flat race, groups of three men are formed by lot. If the number of runners is such that after the groups have been arranged one man is over to run alone, one man shall be drawn by lot from among the remaining competitors to run against him.

4. In each event the winner shall receive 1 point, the second man 2 points, etc.

5. Points are counted according to the result obtained. In the event of a tie, the competitors need not compete again. If thus two or more obtain the same result, those so tying receive the same points, and the next man receives a point corresponding to the position in which he finishes relative to all the other competitors.

6. All compete in the first three events. The total points of the competitors are counted, and the twelve best (i. e., those with the lowest numbers of points) shall qualify to compete in the Discus Throwing. If the counting of the points results in a tie for the twelfth place, all such may start in the Discus Throwing.

7. The points of the competitors entitled to compete in the Discus Throwing shall then be counted again with reference to their relative order in each of the first three events, their points being counted as if they alone had competed without reference to the placing of other competitors. The Discus Throwing and 1,500 meters flat shall then be started with the points thus awarded.

8. After the Discus Throwing, the six best compete in the 1,500 meters flat race, to be run in one heat.

9. If more than one tie for the sixth place after the Discus Throwing, all such may compete in the 1,500 meters flat race.

10. In the flat races, the time for each competitor shall be taken with three watches.

11. The winner shall be the one who, on the completion of the 1,500 meters flat race, has obtained the lowest total points in the five competitions.

12. If at the end of the competition one or more of the competitors obtain the same number of points, their respective positions shall be determined by the valuation of their result according to the Decathlon table.

RULE L.

DECATHLON.

1. The competition comprises the following events: 100 meters flat, Running Broad Jump, Putting the Weight, Running High Jump, and 400 meters flat, on the first day. Hurdle Race (110 meters), Throwing the Discus, Pole Vault, Throwing the Javelin, and 1,500 meters flat, on the following day. The events shall be contested in the above mentioned order.

2. Three trials only are allowed in both jumping and throwing.

3. Both in the 100 meters and 400 meters flat races, as well as in the hurdle race, three or four competitors start in each group. On the other hand, in the 1,500 meters race, five or six shall start. However, the Referee shall have the right, in case of necessity, to make alterations.

4. The composition of the groups is decided by lot.

5. The time for each competitor shall be taken with three watches.

6. The winner shall be the one who has obtained the highest number of points in the ten divisions.

7. For a result similar to the best result obtained at previous Olympic Games, 1,000 points will be awarded. Smaller results are valued in accordance with a special table which will be issued at a later date. If a result exceeds the best "Olympic" result, correspondingly higher points will be awarded.

8. How to score the Decathlon. (See pages 118-126.)

RULE LI.

ALL-AROUND COMPETITION.

1. The competition comprises the following events: 100 yards run, putting 16-lb. shot, running high jump, 880 yards walk, throwing 16-lb. hammer, pole vault for height, 120 yards hurdle (10 flights, 3 feet 6 inches high), throwing 56-lb. weight for distance, running broad jump, one mile run. The events shall be contested in the above-mentioned order. Each event shall be started five minutes after the event preceding it has been contested.

2. In each event the World's best amateur record on the Amateur Athletic Union record book in 1893, when the scoring tables were adopted by this Union, shall be taken as a maximum, for which 1,000 points will be allowed. Then a standard or limit is established, and performances equal to or worse than these standards score nothing. For performances between the maximum and the limit, points are allowed in accordance with graded table shown in Section 7. For a performance exceeding the record, correspondingly higher points will be awarded.

3. Three trials only are allowed in both jumping and throwing.

4. In the 100 yards run and 120 yards high hurdle race, the time of the winner only is taken and the other contestants must be scored by their distance back of the winner. The final 10 yards of the course is marked off with whitewash lines one foot apart. The judges shall station themselves in such positions as will enable them to note accurately the distance from the finish line of the second, third, and fourth men at the moment the first man touches the tape. Not more than four men shall start in any heat. If there are more than four men in the competition they shall be divided into heats of not more than three starters. The fastest three men, as nearly as the officials can judge, shall be placed in

one heat; the next three in speed in the next heat, and so on down to the slowest three for the last heat. When the judges announce the distances between the contestants, the scorers shall allow points as follows:

100 yards—To the first man, the points allowed in the table for his time; to the second, third and fourth men, the points allowed for the first man's time, less seven points for each foot that each man is behind the winner.

120 yards high hurdle—To the first man, the points allowed in the table for his time; to the second, third and fourth men, the points allowed for the first man's time less five points for each foot that each man is behind the winner.

5. In the 880 yards walk and one mile run the time for each competitor shall be taken by three watches.

6. The winner shall be the one who has obtained the highest number of points in the ten divisions.

7. How to score the All-around: (See pages 127-130.)

RULE LII.

TUG-OF-WAR WITHOUT CLEATS.

1. The teams shall consist of equal numbers of competitors. The rope shall be of sufficient length to allow for a pull of twelve feet, and for twelve feet slack at each end, together with four feet for each competitor; it shall be not less than four inches in circumference and shall be without knots or other holdings for the hands. A center tape shall be affixed to the center of the rope, and six feet on each side of the center tape a side tape shall be affixed to the rope. A center line shall be marked on the ground, and six feet on each side of the center line a side line parallel thereto. At the start the rope shall be taut and the center tape shall be over the center line and the competitors outside the side lines. During no part of the pull shall the rope be tied or in

any way crossed by the anchor man, nor shall he wilfully place either hand on the ground.

2. There shall be one Judge and two Inspectors who shall be responsible for seeing that the rules are properly carried out. The Judge shall start the competition by word of mouth and take charge of the center and side lines, and give effect to the result of any pull by blowing a whistle. The Inspectors shall take charge of the teams and see that members of such teams do not wilfully touch the ground with any part of the body other than the feet, and report to the Judge any infringement of this rule. It shall be in the discretion of the Judge to disqualify the offending team and award the pull in question to the opposing side, or he may disqualify the offending team from the competition. A pull shall be won when one team shall have pulled the side tape of the opposing side over their own side line, or if any portion of the foot of any competitor of the opposing side goes beyond the center line. In the event of both teams leaving go of the rope before either side has pulled the side tape of the opposing side over their own side line, the pull shall be declared no pull and shall not constitute one of the requisite number of pulls. No competitor shall make any hole in the ground with his feet, or in any other way, before the start. In all competitions confined to certain weights, two Clerks shall be appointed who shall be responsible to the Judge for the correct weighing of the competitors before the start. All heats shall be won by two pulls out of three. All competitors shall wear boots or shoes as per regulation; heel and sides of heel (i. e., from the face to the seat) shall be perfectly flush. No prepared boots or shoes, heel plates (sunken or otherwise), projecting nails, tips, springs, Blakeys, rubbers, points, hollows or projections of any kind shall be allowed.

3. No gloves or adhesive substance whatever shall be used on the hands or ropes.

4. Where three teams only compete, the team drawing the bye shall pull off for second prize if defeated by the winner of the first round.

RULE LIII.

TUG-OF-WAR WITH CLEATS.

1. The Tug-of-War shall be pulled on 8 wooden cleats, each 22 inches long, 6 inches high, and at least 4 inches thick. These shall be set on edge and bolted to a board base and shall be at least 6 feet 6 inches apart, with the first cleat, on each side of a central clamp, at least 6 feet distant therefrom.

2. The clamp shall be equidistant from the first cleat on either side and shall be of sufficient strength to hold the rope in position until released, but not make an appreciable kink in the rope.

3. The rope used shall be of manila, three-stranded, and not less than $4\frac{1}{2}$ nor more than 5 inches in circumference.

4. No mechanical device shall be used for holding the rope, but a belt may be worn to protect the body of the anchor man, although the flanges to hold the rope in place around the belt shall not be constructed so as to bind on the rope in any position that the anchor may assume. The belt shall not weigh more than 20 pounds.

5. No knot of any kind shall be tied in the rope, and the rope shall not be passed more than once around the body of the anchor.

6. Leather shields and gloves may be used by the contestants and adhesive substances may be put on the same.

7. Competitors shall not use weights in unlimited pulls, but in pulls limited to specific weights, competitors may use weights, provided the total weight of the team, including the weights, does not exceed the weight limit.

8. When the competition is limited to teams of a given weight, competitors shall be weighed immediately before competing and shall be weighed as they pull, viz: including clothing, shoes, belt, etc.

9. In no case shall any man pull on more than one team in a competition, and no substitute shall be allowed to pull on any team that has pulled a trial.

10. The standard time limit for each pull shall be five minutes, and a rest of not less than ten minutes shall be allowed each competitor between trial pulls. A shorter or longer time limit may be agreed upon in other than championship contests.

11. Any position may be assumed by the competitors before the start, which shall be made by pistol fire after the teams have been first notified to "get ready".

12. In case a team gains 3 feet from its opponent, it shall be awarded the pull.

13. Immediately before the competition the captains of the opposing teams shall draw their numbers and compete in a preliminary round to reduce the number of competing teams to 2, 4, 8, 16, and so on. (Thus if there are 3, 5, or 9 teams, have one preliminary pull to reduce to 2, 4, or 8; if 6 or 10 teams, have two pulls to reduce to 4 or 8; if 7 or 11 teams, have three pulls to reduce to 4 or 8, and so on). When the class is brought to a multiple of 2, 4, 8 or 16 the drawings proceed regularly to the final pull.

14. The winner of the final pull receives first prize, the loser receives the second prize, and the two teams which were defeated by the teams winning the first and second prizes in the previous round of pulls, shall again pull to determine the winner of the third and fourth prizes.

15. In all drawings where the numbers 1, 2, 3, 4, etc., are drawn, number 1 competes with number 2; 3 with 4, and so on.

Official Basket Ball Rules for 1918-19

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National Collegiate Athletic Association

THE GAME.

The game of Basket Ball is played by two teams of five men each, the ball being passed from one player to another. The purpose of each team is to score as many points as possible by tossing the ball into its own basket, and at the same time prevent the other team from securing possession of the ball or scoring.

RULE 1.

EQUIPMENT.

SECTION 1. The *Playing Court* shall be a rectangular surface with a rectangular end zone 2 feet in depth and extending the full width of the court. The court shall be free from obstructions and shall have maximum dimensions of 90 feet in length by 50 feet in width and minimum dimensions of 60 feet in length by 35 feet in width.

COURT:

Dimensions.

NOTE—By mutual agreement of the captains, Section 1 and the distance of the boundaries from obstructions named in Section 2, may be changed.

SEC. 2. The *Court* shall be marked by well defined lines, which shall be not less than 2 inches

Boundary lines.

Side Line

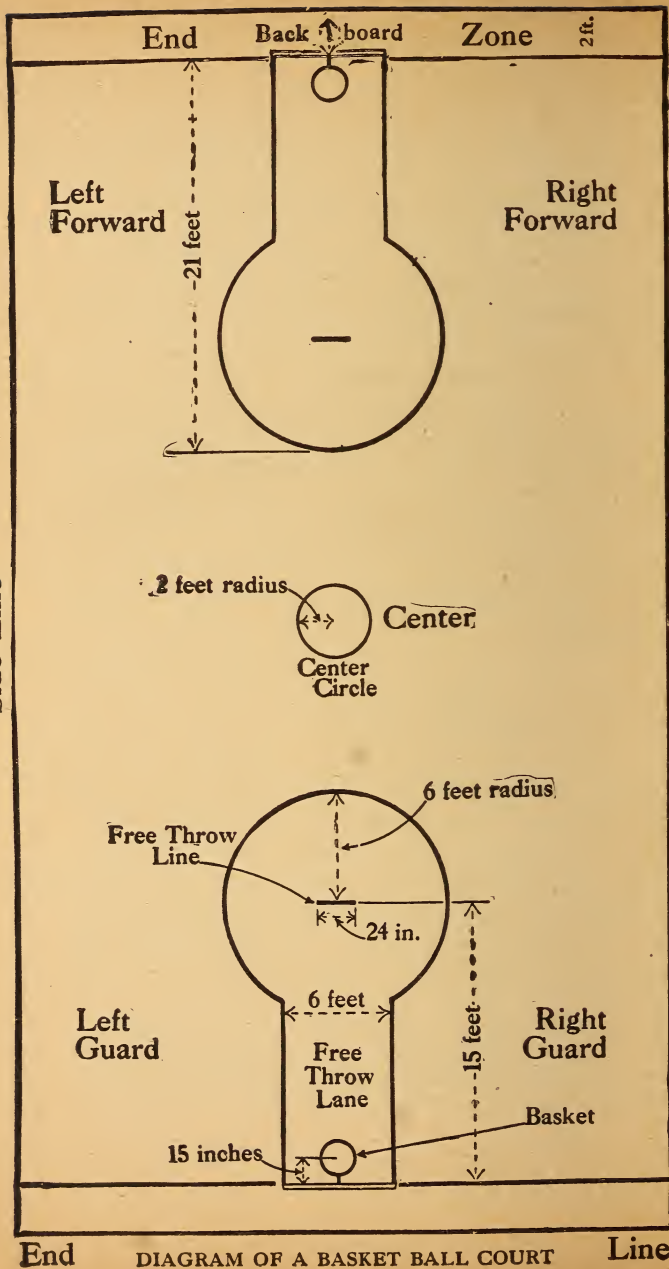


DIAGRAM OF A BASKET BALL COURT

in width and which shall be at every point at least 3 feet from any fixed obstruction. The lines on the long sides of the court shall be termed the *Side Lines*, those on the short sides, the *End Lines*; that is, the outside lines of the end zones shall be the *end lines*. (See diagram on page 8.)

RULE 1.

Distance from
obstructions.

SEC. 3. The *Center Circle* shall have a radius of 2 feet and it shall be marked in the center of the court. (See diagram on page 8.)

Center circle.

SEC. 4. The *Free Throw Lines* shall be marks 24 inches in length and 1 inch in width, the middle points of which shall be on the straight line connecting the middle points of the end lines. They shall be marked in the court parallel to, and at a distance of 15 feet from the inner boundaries of the end zones and 17 feet from the inner edges of the end lines. (See diagram on page 8.)

Free throw lines.

SEC. 5. The *Free Throw Lanes* shall be spaces marked in the court by lines perpendicular to the end lines at a distance of 3 feet on either side from the middle points of the end lines. These perpendicular lines shall be terminated and the lanes further marked by arcs of circles having a 6-foot radius and centers at the middle points of the free throw lines. (See diagram on page 8.)

Free throw lanes.

RULE 2.

SECTION 1. *Backboards* must be provided, the dimensions of which shall be 6 feet horizontally and 4 feet vertically. These backboards shall be of

BACKBOARDS:
Size and material.

RULE 2. plate glass or wood, painted white, or any other material that is permanently flat and rigid.

Position of
backboards.

SEC. 2. The backboards shall be located in a position at each end at right angles to the floor. Their centers shall lie in the perpendiculars erected at the middle point of the inner boundaries of the end zones.

Spectators kept
3 feet from
backboards.

SEC. 3. The backboards shall be protected from spectators to a distance of at least 3 feet.

RULE 3.

BASKETS:
Material, size,
position.

SECTION 1. The *Baskets* shall be nets of cord or other material, suspended from metal rings 18 inches in inside diameter. The nets shall be so constructed or tied as to check the ball momentarily as it passes through the basket.

Position of rings.

SEC. 2. The rings shall be rigidly attached to the backboards at a point 1 foot from the bottom and 3 feet from either side, supported by a horizontal arm which if extended would pass through the center of the rings. The rings shall be placed in such a position that they shall lie in a horizontal plane 10 feet above the floor and so that the nearest point of the inside edge shall be 6 inches from the playing surface of the backboard.

RULE 4.

BALL:
Material, size
and weight.

SECTION 1. The *Ball* shall be round; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32

inches in circumference ; and it shall weigh not less than 20 nor more than 23 ounces. The home team shall provide a new ball, or two good used balls satisfactory to the **Referee**. If used balls are provided, the visiting team shall choose the one with which the game shall be played, and they shall have it as their practice ball. If a new ball is provided, neither team shall use it in practice.

RULE 4.**RULE 5.****PLAYERS AND SUBSTITUTES.**

SECTION 1. Each team shall consist of 5 players, **TEAMS**, one of whom shall be captain.

SEC. 2. The captain shall be the representative of his team and shall direct and control its play. He shall, before the game starts, furnish the **Scorers** with names, numbers and positions of players and substitutes. He may address any official on matters of interpretation or to obtain essential information when necessary, if it is done in a courteous manner.

Captain :
Duties and
powers.

SEC. 3. A substitute before going upon the court shall report to **Scorer**, giving his name, number and position. He shall not enter the court until play has been suspended and shall not participate in the game until he has been recognized by the **Referee**. A player who has once left the game shall not re-enter it. As soon as the ball is dead for any reason, or whenever play can be suspended without disadvantage, the **Referee** shall allow the substitute to enter the game.

Substitution,
how made.

RULE 5. SEC. 4. A player may not leave the playing court without permission of the Referee or the Umpire until time is called at the end of the half.

Player leaving court.
Players to be numbered. SEC. 5. All players shall be numbered with plain numbers at least six inches high and one inch wide fastened securely on the backs of their shirts.

RULE 6.

OFFICIALS AND DUTIES OF OFFICIALS.

OFFICIALS. SECTION 1. The officials shall be a Referee, an Umpire, two Timekeepers, and two Scorers.

NOTE—It cannot be too strongly emphasized that the Referee and Umpire of a given game should not be connected in any way with either of the organizations represented, and that they should be thoroughly competent and impartial. The Referee and Umpire should wear uniforms distinct from those of either team. The officials have no authority to agree to changes in the rules except those mentioned in Rule 1, Section 1 Note and Section 2.

Duties of Referee. SEC. 2. The Referee shall put the ball in play; shall decide when the ball is in play, when the ball is dead, to whom it belongs and when a goal has been made. He shall call fouls, shall administer all penalties, shall recognize substitutes, and shall order "time out" when necessary. He shall announce each goal as made, indicating with his fingers the point value of the goal. He shall also publicly announce the score at the end of each half. This final announcement terminates his official connection with that game.

SEC. 3. The **Referee** shall remove from the game a player who has made four personal fouls, or a player who has committed a disqualifying foul.

RULE 6.

Referee removes.

SEC. 4. The **Referee** shall have power to call fouls for unsportsmanlike conduct, or to make decisions on any points not specifically covered in the rules.

Referee decides points not covered in rules.

SEC. 5. Neither the **Referee** nor the **Umpire** shall have authority to set aside or question decisions made by the other within the limits of their respective duties as outlined in these rules.

Not to question each other's decisions.

If the **Referee** and the **Umpire** make approximate simultaneous decisions on the same play and the decisions involve different penalties, the one drawing attention to the graver of the two shall take precedence.

SEC. 6. The **Referee** and the **Umpire** shall have power to make decisions for violations of rules committed either within or outside the boundary lines; also at any moment from the beginning of play to the call of time at the end of the game. This includes the periods when the game may be momentarily stopped for any reason. Fouls may be called on any number of players at the same time.

Time and place for decisions.

SEC. 7. The official calling the foul shall designate the offender. A *personal foul* shall be indicated by the official raising his own hand over his own head.

Designation of fouls.

SEC. 8. The **Referee** shall call "time out" in case of injury to players. The **Umpire** may stop the game by blowing his whistle in case of injury to a

Referee calls time in case of injury.

RULE 6. player which the **Referee** does not see, but "time out" is taken only upon order of the **Referee**.

Duties of
Umpire.

SEC. 9. The **Umpire** shall call fouls committed by any player, but he shall pay particular attention to the players in the back field away from the ball. He may, when requested by the **Referee**, assist in out of bounds decisions and shall co-operate with him in enforcing the rule against coaching.

Duties of
Scorers.

SEC. 10. The **Scorers** shall record the goals made and the fouls committed; shall distinguish in their records between personal and technical fouls; and *shall notify the Referee immediately when the fourth personal foul has been called on any player.* Their records shall constitute the official score of the game. They shall compare their scores after each goal and any discrepancy shall be at once referred to the **Referee**. If they fail to notify the **Referee** at once, the latter shall decide in favor of the smaller score, unless he has knowledge that permits him to decide without reference to the scorers. The **Scorers** shall be provided with a *horn* with which to signal the **Referee**.

NOTE—The sounding of the Scorers' horn does not stop the game. It is suggested that the Scorers differentiate between personal and technical fouls by designating personal fouls P_1 , P_2 , P_3 , etc., and technical fouls T .

Duties of
Timekeepers.

SEC. 11. The **Timekeepers** shall note when the game starts; shall deduct time consumed by stoppages during the game on order of the **Referee**;

and shall indicate with a gong, pistol, or whistle the expiration of the actual playing time in each half or quarter. Upon the sounding of the **Timekeepers'** signal play shall cease instantly, except that if the ball is in the air on a try-for-goal when the **Timekeepers'** signal is sounded, play shall continue until the ball has entered or missed the basket. The **Timekeepers'** signal terminates actual playing time in each half.

RULE 6.

NOTE—It is suggested that the Timekeepers use one watch placed on a table before them, or otherwise placed so that both may see it.

SEC. 12. The officials shall blow a whistle whenever necessary to make a decision.

Whistle blown,
when.

NOTE—It is desirable for all officials of a game to have different sounding signals.

RULE 7.**PLAYING TERMS.**

SECTION 1. *A Goal* is made when the ball enters the basket from above.

Goal,
when made.

SEC. 2. *Out of Bounds*—A player is out of bounds when any part of his body touches the boundary line or the floor outside of the boundary line. (See diagram on page 8.)

Player out of
bounds.

The ball is out of bounds when any part of it touches the boundary line, the floor outside the boundary line, any object outside the boundary line,

Ball out of
bounds.

RULE 7. when it is touched by a player who is out of bounds or when a held ball is declared in the end zone.

NOTE—On courts where there is not room for the end zones and backboards are placed against the wall, the face of the backboard only is in bounds; thus if the ball strikes the edge of the backboard or the wall behind the backboard, it is out of bounds. When the end zone is used, any part of the backboard is in bounds.

Who causes ball to go out of bounds.

The ball is caused to go out of bounds by the last player touched by it before it crosses the line, or in the case of held ball in the end zone, by the player whose own goal is at this end of the court.

Held ball.

SEC. 3. *Held Ball* is declared when two opposing players of opposing teams have one or both hands on the ball, or when one closely guarded player is withholding the ball from play.

"Time out."

SEC. 4. *"Time Out"* is declared whenever the game can be legally stopped without the loss of playing time.

Foul.

SEC. 5. *A Foul* is a violation of a rule for which a free throw is allowed.

Dead ball.

SEC. 6. *The Ball is Dead* and play shall cease until the ball is put in play again in a manner indicated by the **Referee**:

- a. When a goal is made. (Center ball.)
- b. When the ball goes out of bounds.
- c. When held ball is declared.
- d. When "time out" is declared.

RULE 7.

- e. When a foul is called.
- f. After each of the two free throws following a double foul. (Center ball.)
- g. At expiration of playing time.
- h. When the ball lodges in the supports of the basket. (Center ball.)
- i. After the first of two free throws following two fouls on the same team.
- j. After an illegal free throw. (Center ball.)

NOTE—If, on a try-for-goal, the ball is in the air when the signal is sounded, as in Sections d, e and g, the ball shall not be dead until it has entered or missed the basket. If, however, a foul is called on the team throwing for goal, the ball shall be dead at the time the foul is committed and the goal, if made, shall not count.

SEC. 7. *Running with the Ball* is progressing more than one step in any direction while retaining possession of the ball. Running with ball.

SEC. 8. *A Dribble* is made by a player giving impetus to the ball by throwing, batting, bouncing or rolling it and touching it again before it is touched by another player. The instant the ball comes to rest in either one or both hands or touches both hands simultaneously the dribble ceases. Dribbling.

NOTE—A player may throw for goal after a legal dribble and if he succeeds in making it, it counts. Successive tries for goal shall not be considered a dribble.

- RULE 7.** **SEC. 9.** *Holding* is personal contact with an opponent that interferes with the opponent's freedom of movement.
- Holding.** **SEC. 10.** *Blocking* is impeding the progress of an opponent who has not the ball.
- Blocking.** **SEC. 11.** *A Free Throw* for goal is the privilege given a team to throw for goal from a position directly behind the free throw line.
- Free throw.** **SEC. 12.** *A Double Foul* is made by both teams having fouls called against them simultaneously.
- Double foul.** **SEC. 13.** *Delaying the Game* is unnecessarily interfering with the progress of the game by a player.
- Delaying game.** **SEC. 14.** *Own Goal* is the basket for which a team is throwing.
- Own goal.** **SEC. 15.** *Extra Period* is the five-minute extension of playing time necessary to break a tie score.
- Extra period.** **SEC. 16.** *Personal Foul* is holding, blocking, tripping, pushing, charging, or committing any other form of unnecessary roughness.
- Personal foul.** **SEC. 17.** *Technical Foul* is any foul not involving personal contact.
- Technical foul.** **SEC. 18.** *Disqualifying Foul* is rough play for which a player is removed from the game.
- Disqualifying foul.**

RULE 8.

PLAYING REGULATIONS.

- SECTION 1.** The game shall be started by the **Referee**, who shall toss the ball up between two players of opposite teams, as provided in Sections 5 and 6 of this Rule. The game shall consist of two halves of 20 minutes each, with an intermission of
- Length of game.**
- Intermission.**

10 minutes between the halves. This is the time of actual play. These times may be changed by mutual agreement of the captains. When a foul is committed simultaneously with or just previous to the sounding of the **Timekeeper's** signal, time shall be allowed for the free throw.

RULE 8.

Time changed by agreement.

NOTE—In games between secondary schools or in playgrounds, etc., where the players are boys, it is recommended that the game consist of eight-minute quarters, with two-minute intermissions between the first and second quarters, and between the third and fourth quarters; and a ten-minute intermission between the second and third quarters. During the two-minute and three-minute intermissions the players shall not leave the floor, receive coaching or change goals. It is further recommended that for boys fourteen years and under the quarters be six minutes, with three minutes rest between quarters and ten minutes rest between halves.

SEC. 2. Captains shall be notified three minutes before the termination of the intermission. If either team is not on the floor ready for play within one minute after the **Referee** calls play, either at the beginning of the second half or after time has been taken out for any reason, the ball shall be put in play in the same manner as if both teams were on the floor ready to play.

Captains notified of end of intermission.

SEC. 3. The visiting team shall have choice of baskets in the first half. For the second half the teams shall change baskets.

Choice of baskets.

SEC. 4. The ball may be thrown, batted, bounced, rolled or dribbled in any direction.

Ball thrown, etc., in any direction.

RULE 8. **SEC. 5.** The ball shall be put in play in the center circle:

When ball is
thrown up in
center.

- a. At the beginning of each half.
- b. After a goal has been made.
- c. After an illegal free throw has been made.
- d. After the ball has lodged in the supports of the basket.
- e. After the last free throw following a double foul in the following manner:

Position of
center players.

Each center player shall stand with both feet within his half of the center circle, with one hand behind his back and in contact with it; the hand shall remain in this position until the ball has been tapped by one or both players. The other players may take any position upon the court they may desire, provided they do not interfere in any way with the **Referee** or the center players. The **Referee** shall toss the ball upward in a plane at right angles to the side lines between the center players to a height greater than either of them can jump, and so that it will drop between them.

Centers must
tap ball first.

SEC. 6. When the **Referee** puts the ball in play in the center, he shall blow his whistle when the ball reaches its highest point, after which it must be tapped by either one or both of the center players. If the ball touches the floor without being tapped by one of the jumpers, the **Referee** shall put it in play again in the same place.

When ball is
tossed up
elsewhere than
in center.

SEC. 7. When the **Referee** tosses the ball up between two players elsewhere than in the center, the players shall assume the same position in relation to each other as when jumping in the center.

SEC. 8. The game shall terminate by the sounding of the **Timekeeper's** signal indicating the end of the game. (See Note of Rule 7, Section 6.)

RULE 8.

When game is terminated.

RULE 9. SCORING.

SECTION 1. A goal made from the field shall count 2 points; a goal from a free throw shall count 1 point.

Value of goals.

SEC. 2. The score of a forfeited game shall be 2—0.

Score of forfeited game.

SEC. 3. A game shall be decided by the scoring of the most points in the playing time.

SEC. 4. If the score is a tie at the expiration of the second half, play shall be continued without delay or change of baskets for an extra period of 5 minutes, or as many such periods of 5 minutes as may be necessary to break the tie.

Tie score.

Extra period.

SEC. 5. Any team refusing to play after receiving instructions to do so from the **Referee** shall forfeit the game.

Refusal to play.

RULE 10. OUT OF BOUNDS.

SECTION 1. If at any time during the game the ball goes out of bounds it shall be so declared by the **Referee** and put in play again by any opponent of the player who caused it to go out of bounds, said opponent to stand out of bounds at right angles to the spot where it left the court. He shall then throw, bounce, or roll the ball to another player within the court.

How ball is put in play when out of bounds.

NOTE—When the space out of bounds is limited for any reason, the Referee shall place an

RULE 10. *opponent of the player who has the ball out of bounds, in the court at least three feet from the boundary line. No player of either team shall be nearer than this to the player out of bounds. It is wise to have a fine line drawn in the court three feet inside the boundary lines.*

How ball is put in play if Referee is in doubt as to who caused it to go out of bounds.

SEC. 2. If the Referee is unable to determine which player touched the ball last before it went out of bounds, he shall put the ball in play at a spot about three feet within the court, at right angles to the point where the ball crossed the boundary line, by selecting two opponents and tossing the ball up between them as for Held Ball.

RULE 11. TIME OUT.

"Time out" on order of Referee only.

Three "time outs" per game for each team.

SECTION 1. *"Time Out"* shall be taken only when ordered by the Referee. He shall order "time out" for not more than two minutes at the request of a captain or for injuries to players not more than three times for each team during the game. If a substitution is made within two minutes, however, a "time out" shall not be charged.

NOTE—*If the Referee orders "time out" because of injuries to players or at the request of a captain more than three times during a game for one team, that team shall be penalized for delaying the game and a technical foul shall be charged against the captain.*

After "time out" ball is thrown up unless it is out of bounds or foul is called.

SEC. 2. When the Referee declares "time out," or orders time to be taken out, in order to resume play the ball shall be tossed up between the two

players of opposing teams nearest to it, at that spot where it was when play ceased; except that if play ceases when the ball is out of bounds it shall be put in play as for out of bounds; or except also that if a foul is called play shall be resumed with the free throw for goal.

RULE 11.

SEC. 3. Time shall be taken out for a double foul.

RULE 12.**HELD BALL.**

SECTION 1. When *Held Ball* is called, except in the end zone, the **Referee** shall take possession of the ball. The two players who were in contact with the ball shall assume positions similar to the centers at the start of the game, but in an imaginary circle at the spot where the ball was held. The ball shall then be put in play as at the center.

Held ball
thrown up.

NOTE—When Held Ball is called in the end zone this rule does not apply, but the ball is put in play from out of bounds by the defending team.

RULE 13.**FREE THROW.**

SECTION 1. When a foul has been called the **Referee** shall immediately secure possession of the ball and place it upon the free throw line of the team entitled to the throw. The throw for goal shall be made within ten seconds after the ball has been placed upon the line.

Procedure when
foul is called.

SEC. 2. If the goal is made the ball shall be put in play at the center.

Center ball if
goal is made.

RULE 13.

Ball in play if
goal is missed.

Exceptions.

SEC. 3. If the goal is missed the ball continues in play except—

- a. That in case of a double foul, the ball is dead after the first throw and shall be put in play at the center after the second throw.
- b. When two or more free throws are awarded a team, the ball is dead after each free throw except the last one. If the goal is missed after the last throw the ball continues in play.

RULE 14.**VIOLATIONS AND PENALTIES.****A Player Shall Not—**

SECTION 1. Throw for basket when the ball is dead.

SEC. 2. While making a free throw for goal, touch or cross the free throw line until the ball has touched the basket or backboard, or consume more than ten seconds in making the free throw.

PENALTY—

(SECTIONS 1 AND 2.)

Goal if made does not count.

SEC. 3. Cause the ball to go out of bounds.

SEC. 4. Carry the ball into the court from out of bounds.

SEC. 5. Touch the ball after putting it in play from out of bounds, until it has been touched by another player.

SEC. 6. Hold the ball more than five seconds out of bounds before putting it in play.

PENALTY—

(SECTIONS 3, 4, 5, 6.)

Ball goes to an opponent out of bounds.

SEC. 7. Enter the free throw lane or touch the free throw lines while a free throw for goal is being made, until the ball has touched the basket or backboard, or attempt in any way to disconcert the player who has the free throw. If players contend for positions along the free throw lanes, the **Referee** shall arrange the players so that the desirable positions are evenly divided. **RULE 14.**

PENALTY—

(SECTION 7.)

For violation by a player of the team throwing for goal, the goal if made shall not count and if missed the ball shall be put in play at the center. If violated by a player of the opposite team, the goal if made shall count and if missed another free throw shall be allowed. A personal foul may be called for rough work on free throw lanes.

RULE 15.**FOULS AND PENALTIES.****A. Technical Foul.****A Player Shall Not—**

SECTION 1. Run with the ball, kick it, or strike it with the fists. **List of Technical Fouls.**

SEC. 2. Delay the game by touching the ball after it has been awarded to an opponent out of bounds, or by leaving the court, by removing his hand from behind his back on jump ball before *the ball is tapped*, or by otherwise violating the jumping rules when the **Referee** throws the ball up between two players, or by otherwise violating the jumping rules, or in any other manner unnecessarily delay the game.

RULE 15. SEC. 3. Interfere with a player who is returning the ball into the court from out of bounds; that is, no part of his person shall be outside of the court, and he shall not touch the ball until it has crossed the line.

SEC. 4. Pass the ball to another player while making a free trial for a goal, but must make an honest attempt to cage it.

SEC. 5. Interfere with the ball or basket while the ball is on the edge of or within the basket.

SEC. 6. Make a second dribble without first having passed the ball to another player.

NOTE—Passing the ball from one hand to another is not a dribble unless the ball is clearly batted. The ball may be batted in the air only once during a dribble.

SEC. 7. Go on the court as a substitute until he has reported to Scorer and been recognized by the Referee.

PENALTY—

(SECTIONS 1, 2, 3, 4, 5, 6, 7.)

Free trial for goal.

SEC. 8. There shall be no coaching from the side lines during the progress of the game by any one officially connected with either team, nor shall any such person go on the court during the progress of the game except with the permission of the Referee or Umpire.

PENALTY—

(SECTION 8.)

Free throw for goal. A technical foul charged against the captain of offending team.

B. Personal Foul.**RULE 15.****A Player Shall Not—**

SEC. 9. Hold, block, trip, charge or push an opponent.

**List of
Personal
Fouls.**

SEC. 10. Use unnecessary roughness.

SEC. 11. Charge in and make bodily contact with an opponent who is one of two opposing players having one or both hands on the ball.

PENALTY—

(SECTIONS 9, 10, 11.)

Free trial for goal. The offender shall be charged also with a personal foul. A player who has made four personal fouls is automatically disqualified and shall be removed from the game. This provision for disqualification shall not be set aside under any consideration, but shall be strictly enforced. The Referee may disqualify for a single violation of Section 9 or 10.

SEC. 12. Charge into, push, hold or otherwise foul an opponent who is in the act of throwing for the basket.

PENALTY—

(SECTION 12.)

Two free trials. The offender shall be charged with one personal foul, or may be disqualified.

NOTE—If the goal is made it counts and the two free throws are also allowed.

SEC. 13. Use flagrant roughness on a player who is in the act of throwing for the basket.

PENALTY—

(SECTION 13.)

Two free trials and offender shall be disqualified.

Index to Rules

N after figure indicates Note after Section.

	RULE	SEC.	PAGE
Alterations in Rules—Court.....	1	1-N	7
Time	8	1-N	19
Backboards—Dimensions, material, position, distance from spectators	2	1-3	9, 10
Ball—Material, size, and weight of.....	4	1	10, 11
When dead	7	6	16, 17
When out of bounds.....	7	2	15, 16
Caused to go out of bounds.....	7	2	16
When held	7	3	16
Running with the.....	7	7	17
When put in play at center.....	8	5	20
How put in play at center.....	8	5	20
Thrown, etc., in any direction.....	8	4	19
How put in play from out of bounds.....	10	1	21, 22
How put in play when referee is in doubt.....	10	2	22
How put in play after time out.....	11	2	22, 23
In play if free throw for goal is missed, exceptions....	13	3	24
When given to opposing side.....	14	3-6	24
Baskets—Material, size, and position of.....	3	1, 2	10
Choice of	8	3	19
Blocking—Definition of	7	10	18
Penalty for	15	9	27
Boundary lines	1	2	7, 9
Captains—Change rules regarding court.....	1	1-N	7
Change rules regarding time.....	8	1-N	19
Duties and powers of.....	5	2	11
Centers—Must tap ball first.....	8	6	20
Position of	8	5	20
Center circle—Size of.....	1	3	9
How and when ball put in play from.....	8	5, 6	20
Court—Dimensions of	1	1	7
Diagram of			8
Dead ball	7	6	16, 17
Definitions of Playing Terms—			
Goal	7	1	15
Player out of bounds.....	7	2	15
Ball out of bounds.....	7	2	15, 16
Ball caused to go out of bounds.....	7	2	16
Held ball	7	3	16
Time out	7	4	16
Foul	7	5	16
Dead ball	7	6	16, 17
Running with the ball.....	7	7	17

Definitions of Playing Terms—Continued.	RULE	SEC.	PAGE
Dribble	7	8	17
Holding	7	9	18
Blocking	7	10	18
Free throw	7	11	18
Double foul	7	12	18
Delaying game	7	13	18
Own goal	7	14	18
Extra period	7	15	18
Personal foul	7	16	18
Technical foul	7	17	18
Disqualifying foul	7	18	18
Delaying game—Penalty for.....	15	2	25
Disqualification	15	9-13	27
Disqualifying foul—Definition of.....	7	18	18
Penalty for committing.....	15	9-13	27
Dribble—Definition of	7	8	17
Duties of officials.....	6		12-15
End lines	1	2	9
Equipment	1-4		7-11
Extra period—Definition of.....	7	15	18
Forfeited game—When team refuses to play.....	9	5	21
Score of	9	2	21
Foul—Definition of	7	5	16
Time, place and number.....	6	6	13
Fouls and penalties.....	15		25-27
Free throw—Definition of.....	7	11	18
How ball is put in play after fouls.....	13	1-3	23, 24
When allowed	15		25-27
Free throw lanes—Position of.....	1	5	9
Penalty for entering.....	14	7	25
Free throw lines—Position of.....	1	4	9
Game—Length of	8	1	18, 19
Tie	9	4	21
Goal—Definition of	7	1	15
Does not count.....	14	1, 2, 7	24, 25
Halves—Length of	8	1	18, 19
Held ball—Definition of.....	7	3	16
How ball is put in play after.....	12	1	23
Holding—Definition of	7	9	18
Penalty for	15	9	27
Interference—With ball or basket.....	15	5	26
Intermission	8	1	18, 19
Kicking the ball—Penalty for.....	15	1	25, 26
Obstructions—Distance of boundary lines from.....	1	2	7, 9
Officials and duties of.....	6		12-15
Out of bounds—Definition of.....	7	2	15, 16
How ball is put in play from.....	10	1, 2	21, 22

	RULE	SEC.	PAGE
Penalties	14-15		24-27
Personal fouls—Definition of.....	7	16	18
How designated	6	7	13
List of and penalty for.....	15	9-13	27
Players—May not leave court.....	5	4	12
May not re-enter game.....	5	3	11
Must be numbered.....	5	5	12
Players and substitutes.....	5		11
Playing regulations	8		18
Playing terms	7		15
Pushing—Penalty for	15	9	27
Putting ball in play—From center circle.....	8	5, 6	20
From out of bounds.....	10	1	21
When referee is in doubt.....	10	2	22
When time out is called.....	11	2	22, 23
After held ball.....	12	1	23
After goal is made.....	13	2	23
In case of double foul.....	13	3	24
Referee—Duties of	6	8	12-14
Roughness—Penalty for	15	10, 13	27
Running with the ball—Definition of.....	7	7	17
Penalty for	15	1	25, 26
Score—Forfeited game	9	2	21
Referee announces	6	2	12
Scorers—Duties of	6	10	14
Scoring	9		21
Side lines	1	2	7, 9
Striking the ball with fists	15	1	25, 26
Substitutes	5	3	11
Teams—Number of players in.....	5	1	11
Technical fouls—Definition of.....	7	17	18
List of and penalty for.....	15	1-8	25, 26
The Game—A statement.....			7
Third player charging in.....	15	11	27
Tie score	9	4	21
Time—Of halves, intermission, and game.....	8	1	18, 19
Change of	8	1	18, 19
Time out—Definition of.....	7	4	16
Length, number, etc.....	11	1	22
Ball put in play after.....	11	2	22, 23
Timekeepers—Duties of	6	11	14, 15
Tripping—Penalty for	15	9	27
Umpire—Duties of	6	5-9	13, 14
Unsportsmanlike conduct—Players	6	4	13
Spectators	15	8	26
Violations and penalties.....	14-15		24-27
Whistle—When blown, etc.....	6	12	15

Questions and Answers

COMPILED BY G. T. HEPBRON.

The following questions and answers are selected from the numerous letters received during season 1917-18. The answers are based on the revised rules as printed in this GUIDE, so are in force for the season 1918-19.

When writing for rule interpretations, inquiries from educational institutions should be addressed to Dr. JOSEPH E. RAYCROFT, Princeton University, Princeton, N. J. Inquiries from Y.M.C.A.'s should be addressed to W. H. BALL, 347 Madison Avenue, New York, N. Y. Inquiries from organizations other than educational institutions and Y.M.C.A.'s should be addressed to GEORGE T. HEPBRON, 45 Rose Street, New York, N. Y.

Always enclose self-addressed stamped envelope for reply. Ask only one question in each paragraph of your letter and state number of rule and section involved. If you desire reply made on sheet sent, this can be done only when a duplicate accompanies the original. If your questions are framed and numbered so that a simple "yes" or "no" will suffice for answer, it will facilitate a quick reply.

Question No. 1. In determining the size of a court, what is considered the end limits? *Answer*—The outside lines on each end. See Rule 1, Sec. 1 and 2.

Question No. 2. What is the proper method to follow in substituting players? *Answer*—Report to Scorer first, then be recognized by Referee. See Rule 5, Sec. 3.

Question No. 3. Shall players be numbered in accordance with their playing positions? *Answer*—Not necessary; the custom is to give captain No. 1. See Rule 5, Sec. 5.

Question No. 4. Who decides when ball is dead? *Answer*—Referee. See Rule 6, Sec. 2.

Question No. 5. Does Referee's decision take precedence over Umpire's in calling a foul? *Answer*—No. See Rule 6, Sec. 5.

Question No. 6. The Referee and Umpire make approximate simultaneous decisions on the same play and the decisions involve different penalties against the same player; which takes precedence? *Answer*—The one drawing attention to the graver of the two penalties. See Rule 6, Sec. 5.

Question No. 7. Two players have possession of the ball; Referee blows whistle indicating "held ball"; almost simultaneously the Umpire blows whistle calling attention to a foul committed by one or both of these players; which official's decision takes precedence? *Answer*—The one calling attention to foul or fouls. See Rule 6, Sec. 5.

Question No. 8. Suppose the Timekeeper is not provided with a suitable horn, gun or bell, and is therefore unable to make Referee hear him call "time" orally and a goal is made, does it count? *Answer*—Yes; the game is officially in progress until proper signal is sounded either by the Timekeeper or Referee. See Rule 6, Sec. 11 and 12.

Question No. 9. Two players are jumping for ball being tossed up by Referee; one player bats ball into opponents' basket; does the goal count and for whom? *Answer*—Goal counts for team into whose basket it was batted. See Rule 7, Sec. 1.

Question No. 10. If the ball enters the basket from below, goes through and drops back into basket, is a goal scored? *Answer*—No. See Rule 7, Sec. 1.

Question No. 11. If a player crosses the inner end line for any reason, is he out of bounds? *Answer*—No; the other end line is the boundary line and determines when the player is in bounds and out of bounds. See Rule 7, Sec. 2.

Question No. 12. If a player throws a goal from the zone between the inner end line and the outer end line, would it count? *Answer*—Yes. See Rule 7, Sec. 2.

Question No. 13. In a game recently, one of our players touched the wall behind the backboard with his body while he had the ball in his possession. Was he considered in bounds or out of bounds? *Answer*—When the court is not extended by the two-foot zone and the backboard is placed against the wall, the player is out of bounds. See Rule 7, Sec. 2 and Note.

Question No. 14. If the ball crosses the inner end line and does not touch or cross the outer end line, is it in bounds or out of bounds? *Answer*—In bounds. See Rule 7, Sec. 2.

Question No. 15. Ball glances off face of backboard and across boundary line, but before it touches the floor or any obstruction out of bounds, it is caught by a player who has both feet "in bounds." Is the ball in bounds or out of bounds? *Answer*—In bounds. See Rule 7, Sec. 2.

Question No. 16. If the ball has crossed the inner end line and is lying on the floor within the two-foot zone, I understand both the player and ball are in bounds. Now, if the player in the act of passing the ball touches or crosses the inner end line in so doing, has he violated the rules? *Answer*—No; the ball and player are in bounds. See Rule 7, Sec. 2.

Question No. 17. When for any reason the two-foot zone cannot be used and the backboards are placed directly against a wall, are players allowed to run up the wall and shoot for goal without violating the rules? *Answer*—No; they are out of bounds. See Rule 7, Sec. 2 and Note.

Question No. 18. Is it a foul to hug the ball? *Answer*—Hugging the ball is not a foul; but if by so doing the ball is withheld from play during close guarding it is a "held ball." See Rule 7, Sec. 3.

Question No. 19. How soon after the dribble ceases must a player pass the ball? *Answer*—At his convenience, if he is not closely guarded. See Rule 7, Sec. 3.

Question No. 20. If a closely guarded player is holding the ball on the floor and making no attempt to play it, should a foul be called? *Answer*—No; if opponent is closely guarding him it is a "held ball." See Rule 7, Sec. 3.

Question No. 21. Would standing still and bouncing the ball on the floor constitute a dribble? *Answer*—Yes. See Rule 7, Sec. 8.

Question No. 22. May a player dribble the ball without it touching the floor? *Answer*—A dribble to be legal must come in contact with the floor, except that during the progress of a given dribble the ball may be *batted* in the air *once only*. See Rule 7, Sec. 8, and Rule 15, Sec. 6, Note.

Question No. 23. May a player while dribbling alternate hands without violating the rules? *Answer*—Yes. See Rule 7, Sec. 8.

Question No. 24. Is a player permitted to shoot for goal at the termination of a legal dribble? If he succeeded in making a goal would it count? *Answer*—Yes. See Rule 7, Sec. 8, Note.

Question No. 25. Are successive tries for goal considered a dribble? *Answer*—No. See Rule 7, Sec. 8, Note.

Question No. 26. Some guards have the habit of putting their hands on body of opponent; is this a violation of the rules? *Answer*—It certainly is; a personal foul should be called for "holding." See Rule 7, Sec. 9.

Question No. 27. Is it legal for a player to reach over or around his opponent from the rear, put his hand on the ball and then swing around to the side? *Answer*—Yes; provided there is no personal contact, which, however, is almost impossible in such a play. If there is personal contact, whether he has his hand on the ball or not, it is illegal. See Rule 7, Sec. 9.

Question No. 28. Shall Referee, before tossing ball up, caution players regarding proper positions to assume? *Answer*—No; players are supposed to be conversant with the rules, and if they are not that is their fault, and not the Referee's. See Rule 8, Sec. 5, 6 and 7.

Question No. 29. When two players are jumping for ball being tossed up by the Referee, in the center or elsewhere, what positions are the other players obliged to assume? *Answer*—See Rule 8, Sec. 5, 6 and 7.

Question No. 30. When the ball is tossed up by the Referee in center or elsewhere, are both players obliged to jump and make an effort to tap the ball? *Answer*—No. If, however, neither player taps the ball, the Referee shall toss it up again at the same place and order both players to jump and make an honest attempt to tap it. Failure to comply with the Referee's order is a foul on one or both for delaying the game. See Rule 8, Sec. 6, and Rule 7, Sec. 13.

Question No. 31. Must the players face toward their "own" baskets when jumping in center or elsewhere? *Answer*—No particular facing is required. See Rule 8, Sec. 5.

Question No. 32. What must be the position of the feet when jumping in center and elsewhere? *Answer*—See Rule 8, Sec. 5, 6 and 7.

Question No. 33. May players catch ball when jumping in center and elsewhere? *Answer*—No; it must be tapped. See Rule 8, Sec. 6.

Question No. 34. When ball is tapped after jumping in center or elsewhere, can either one or both jumpers touch it again before it is touched by a third player? *Answer*—Yes. See Rule 8, Sec. 6 and 7.

Question No. 35. Ball is being tossed up by Referee between two players; after it has been tapped and before any other player touches it, it goes to "out of bounds"; Referee is undecided which player touched it last; what is the decision? *Answer*—See Rule 10, Sec. 2.

Question No. 36. When players are jumping for ball tossed up by Referee elsewhere than in the center, do the same conditions prevail as when jumping in center? *Answer*—Yes. See Rule 12, Sec. 1.

Question No. 37. May a player dribble the ball while part of his person is touching the floor out of bounds, without violating the rules? *Answer*—No. See Rule 14, Sec. 3 and 4.

Question No. 38. Suppose one player is forced "out of bounds" by an opponent, what is the decision? *Answer*—Foul on opponent who did the forcing. See Rule 15, Sec. 9.

Question No. 39. Two players have possession of ball, third player runs in, personal contact results, but third player does not touch ball; what is the decision? *Answer*—Personal foul against third man. See Rule 15, Sec. 11.

Question No. 40. What is the penalty for holding arm or shoulder of an opponent who is in the act of trying for goal? *Answer*—Two free trials for goal from free throw line. See Rule 15, Sec. 12.

Question No. 41. Player "A" is trying for goal from field; his opponent grabs the ball, but does not touch the player; is this a legal play? *Answer*—Yes.

Question No. 42. Is it legal to guard a player who is trying for goal from the field as closely as at other times? *Answer*—Yes; personal contact is illegal at all times, whether committed on player trying for goal or otherwise.

Question No. 43. A player is dribbling and an opponent runs in at right angles to the direction the dribbler is going, and bats the ball out of his hands and while so doing personal contact results; has a foul been committed, and on which one? *Answer*—A foul for personal contact has been committed; it may have been the fault of either; the official who decides must see the play to make decision; the burden of proof, however, is on the dribbler.

Question No. 44. Do both players have to jump when the ball is being tossed up by the Referee at center or elsewhere? *Answer*—No; except when ordered to do so by the Referee.

Question No. 45. Player catches ball with two hands, dribbles with one hand and each hand alternately, catches ball with two hands at end of dribble and passes; is this a foul? *Answer*—No; the dribble does not begin until the player disposes of the ball and touches it again.

Question No. 46. Is it an illegal play to catch the ball against the body? *Answer*—No.

Question No. 47. How long may a player "in bounds," who is not closely guarded, hold the ball without violating the rules? *Answer*—Indefinitely; the length of time he may hold it depends on the activity of his opponent.

Question No. 48. When does the dribble start? *Answer*—The dribble starts when a player having gained possession of the ball in any way, except by recovery of his own dribble, throws, rolls, bats or bounces the ball and touches it again before it is touched by another player; therefore the dribble does not actually begin until the ball has left the player's possession and been touched again.

Question No. 49. In starting a play, may a player take one step without being penalized? *Answer*—A player who is standing still when he receives the ball may step one foot in any direction in making a pass or in starting a dribble, but the remaining foot must be kept in position until the ball has left his hands. A player who is standing still when he receives the ball may, in throwing for goal, *step* or stride one foot in any direction and then may jump from one or both feet, but the ball must leave his hands before one or both feet again touch the floor. Due allowance is to be made for a player catching the ball while running, provided in the judgment of the officials he stops as soon as possible. A player with the ball in his possession who changes his position without appreciably advancing the ball in any direction, shall not be considered as running with the ball, neither shall a player pushed by one of the opposing team be considered as running with the ball.

Question No. 50. May the personal foul rules (Rule 15, Sec. 9 to 13) be set aside by mutual agreement? *Answer*—Decidedly not; the personal foul rule is intended to prevent the most flagrant fouls in the game. Strict rulings on these points will do much to keep the game clean. It is the urgent desire of the Committee that all rules be strictly enforced in their entirety, especially those relating to personal fouls.

Question No. 51. The Scorers fail to notify the Referee that a player has had four personal fouls called against him and he continues to play. What should be done? *Answer*—The points made during the period that this player was ineligible shall be counted as well as the time played, but immediate substitution for offending player shall be made as soon as the fact that he has four personal fouls comes to the attention of the official. If Scorers are so inefficient or negligent that they fail to notify the Referee, they should be at once removed from that game and not permitted to serve in any capacity for the remainder of the season. No excuses should be accepted.

Question No. 52. When players are jumping for the ball being thrown up by the Referee in center or elsewhere, may one of the players, after the Referee's whistle has blown for play, jump out of the circle or "position" and try to outguess his opponent by getting in a position to receive the tap? *Answer*—Yes.

Question No. 53. A player fumbles and juggles the ball and finally gains possession of it; has he completed a dribble? *Answer*—Yes.

Question No. 54. When players are jumping for ball being tossed up by the Referee, whether in center or elsewhere, may either one or both players catch the ball after it has been tapped before it is touched by a third player? *Answer*—Yes.

Question No. 55. Will you please indicate by Rule and Section the changes in this season's rules? *Answer*—Rule 1, Sec. 1, 2 and 4; Diagram on page 8; Rule 2, Sec. 2; Rule 7, Sec. 2 and Note; Rule 12, Sec. 1. By comparison with last year's rules you will note the changes.

Volley Ball Rules

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RULE I. GROUNDS.

SECTION 1. The playing surface shall be *Court.*
a rectangular court, not to exceed 35 feet in width by 60 feet in length, free from obstruction, and having a height of 15 feet or more which is free from apparatus or other obstructions or projections.

SEC. 2. For playing singles the court *Singles.*
shall be divided by a line running midway between the side lines and parallel to them, making two courts 17½ feet wide by 60 feet long.

SEC. 3. The court shall be bounded by *Boundary lines.*
well defined lines not less than two inches in width, and which shall be at every point at least three feet from walls or any obstructions. The lines on the short sides of the court shall be termed the end lines, those on the long sides, the side lines.

RULE II. BALL.

The ball shall be round and shall consist *Ball.*
of a rubber bladder covered with a leather case; it shall be not less than 26 inches and not more than 27 inches in circumference and shall weigh not less than eight ounces and not more than ten ounces.

RULE III. NET.

The net shall be at least three feet wide *Width.*
and of sufficient length to reach from

These rules were adopted as the official rules by the Physical Directors' Society in June, 1912; amended May, 1915, and again in May, 1916.

RULE III.

boundary to boundary. The mesh shall be small enough to prevent the passage of the ball through the net. It shall be tightly stretched by the four corners across the court midway between the end lines and parallel to them. The top line shall be level and measure eight feet from the center to the floor.

RULE IV. TEAMS.

Number of men. SECTION 1. In all official games, teams shall be composed of six men.

Substitutes. SEC. 2. A substitute may take the place of a player only when a whistle has been blown declaring the ball dead. He shall report at once to the **Referee**.

RULE V. OFFICIALS.

Officials. The officials shall be a **Referee** and two **Linesmen**.

Note.—Duties of officials are stated in Rules 14 and 15.

RULE VI. DEFINITIONS OF TERMS.

Own and opponents' court. SECTION 1. The court occupied by a team shall be called their own court, that occupied by their opponents the opponents' court.

Serving order. SEC. 2. The order in which players are to serve shall be called the "Serving Order."

Rotation. SEC. 3. The shifting of the men in position shall be called "Rotation."

Service. SEC. 4. A service is the putting of the ball in play by an eligible man, by batting it into the opponents' court in any direction

RULE VI.

with one or both hands while standing with both feet behind the back line of the court.

SEC. 5. "Point" shall be called when the team receiving fails to legally return the ball to the opponents' court. *Point.*

SEC. 6. "Side out" shall be called when the team serving fails to win its point or plays the ball illegally. *Side out.*

SEC. 7. A player who touches the ball when it is not dead shall be considered as playing the ball. *Playing the ball.*

SEC. 8. The ball is out of bounds when it touches any surface, object or part of the floor outside of the court. *Out of bounds.*

SEC. 9. The ball is dead when the **Referee's** whistle blows calling any decision. *Ball dead.*

SEC. 10. Any player committing any act which, in the opinion of the **Referee**, tends to stop or slow down the games unnecessarily shall be considered as delaying the game. *Delaying the game.*

SEC. 11. When the ball momentarily comes to a rest in the hands or arms of a player and is not clearly batted, he shall be considered as catching or holding the ball. *Catching or holding.*

SEC. 12. A player striking the ball two or more times consecutively shall be considered as dribbling. *Dribble.*

RULE VII. THE GAME.

SECTION 1. The game shall consist of 15 points. *Number of points.*

SEC. 2. Championships shall be decided by the best two out of three games. *Championships.*

RULE VII.

Teams not ready to play. SEC. 3. If either team is not on the floor ready to play within one minute after the Referee calls play the game shall be forfeited to the team that is ready. (See Rule XII., Section 5.)

Forfeited game. SEC. 4. The score of a forfeited game shall be 1 to 0.

RULE VIII. CHOICE OF COURTS AND SERVICE.

Captains shall toss. The Captains shall toss for service and courts. The winner of the toss may choose either to take the first service or his choice of the courts.

RULE IX. SERVER AND SERVICE.

Order. SECTION 1. At the opening of the game the ball shall be put in play by the first man on the service of the team which is to begin service.

Rotation. SEC. 2. Each server shall continue to serve until the Referee calls "Side out," at which time the team receiving the ball shall immediately rotate one position clockwise.

Illegal service. SEC. 3. A service which strikes the net or any other object or surface shall put the side out.

Losing team has first serve. SEC. 4. The team losing the previous game shall have the first serve in the succeeding game.

Where server shall stand. SEC. 5. The server shall serve in the right or left hand corner of the court from behind the backline.

RULE X. PLAYING THE BALL.

SECTION 1. The ball may be batted in any direction with head, one or both hands or fists, but it must not touch the floor or go out of bounds or under net. *How and where.*

SEC. 2. The ball may be played by any number of players before being batted over the net, but no player shall play the ball twice in succession. *By any number.*

SEC. 3. A ball other than a service, striking the net and dropping over is still in play. *Ball striking net.*

SEC. 4. If a player on either team bats the ball out of bounds, it shall count against his team. "Side out" or "Point" shall be called. *Out of bounds.*

Note.—This shall not prohibit the recovery of a ball by the team batting it outside the court, provided the player does not advance beyond the net or the ball go out of bounds. *Recovery of ball.*

SEC. 5. Any ball other than a service may be recovered from the net. *Recovering from net.*

SEC. 6. A ball striking a boundary line shall be considered "good." *Striking boundary line.*

SEC. 7. The Referee may allow a second opportunity to serve on a questioned ball. *Second service.*

RULE XI. PROHIBITIONS.

A Player Shall Not—

SECTION 1. Strike the ball while he is supported by any player or object. *Be supported.*

SEC. 2. Dribble. *Dribble.*

RULE XI.

- Catch or hold ball.* SEC. 3. Catch or hold the ball.
- Reach over net.* SEC. 4. Reach over the net to strike the ball.
- Serve out of regular order.* SEC. 5. Serve out of the regular order of service.
- SEC. 6. Touch the net.
- Touching net simultaneously.* *Note.*—If two men on opposite sides touch the net simultaneously, no point shall be scored, and the ball shall be served again by the same player.
- Enter opponents' court.* SEC. 7. Interfere with the play of the opposing team by entering their court.
- Address officials.* SEC. 8. Address any official.
- Note.*—**Captains** only shall be allowed to address the officials.
- Delay game.* SEC. 9. Delay the game.
- SEC. 10. Make remarks or commit actions derogatory to the officials or tending to influence their decisions.
- Make personal remarks.* SEC. 11. Make personal or derogatory remarks about opponents.
- Re-enter game.* SEC. 12. Re-enter the game after being disqualified or taken out.

RULE XII. PENALTIES.

- Side out.* SECTION 1. "Side out" shall be called for violation of Rule XI., Sections 1 to 12, inclusive, by the team serving.
- Point.* SEC. 2. "Point" shall be called for violation of Rule XI., Sections 1 to 8, inclusive, by the team receiving.
- Point awarded.* SEC. 3. A point may for the first offense, and shall for the second offense, be given the opponents for violation of Rule XI., Sections 8 to 12, inclusive.

RULE XII.

SEC. 4. The **Referee** may also disqualify for any violation of Rule XI., Section 10 or 11 or for persistent violation of Sections 9 to 12. *Disqualifications.*

SEC. 5. Any team refusing to play after receiving instructions to do so from the **Referee** shall forfeit the game. *Forfeit.*

RULE XIII. SCORING.

Failure of the receiving team to legally return the ball over the net into the opponents' court shall count 1 point for the team serving. *Penalty for illegal return.*

Note.—A point cannot be made while the ball is dead. *No point made on dead ball.*

RULE XIV. DUTIES OF THE REFEREE.

SECTION 1. The **Referee** shall be the superior officer of the game. He shall decide when the ball is in play, when it is dead, when a point has been made, when side is out, and shall impose penalties for any violation of the rules. *Superior officer makes all scoring decisions.*

SEC. 2. The **Referee** shall have power to make decisions for violations of rules committed at any time. This includes the periods when the game may be momentarily stopped for any reason. *Decides on violations of rules.*

SEC. 3. The **Referee** shall record the points made. His record shall constitute the official score of the game. *Scores.*

RULE XV. DUTIES OF THE LINESMEN.

SECTION 1. The **Linesmen** shall be stationed at opposite corners of the court, so *Line decisions.*

RULE XV.

that each has two lines in plain view, and whenever the ball strikes the floor near a line the **Linesmen** shall call "good" or "out."

Assist Referee. SEC. 2. Upon the **Referee's** request, they shall report to the **Referee** on any play about which the **Referee** is uncertain.

Check serving order. SEC. 3. Before the game the **Linesmen** shall secure from each **Manager** or **Captain** the serving order of the team and shall see that the players follow the serving order and rotate in position.



BASE BALL AT A CANTONMENT—CAMP GORDON, GA.

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Official Playing Rules Professional Base Ball Clubs

As adopted at the meeting of the Joint Playing Rules Committee of the National League and the American League, held at National League Headquarters, New York City, March 2, 1904. Amended February 14, 1906; February 25, 1907; February 27, 1908; February 17, 1909; January 24, 1910; February 13, 1914, and February 13, 1916.

These Rules have also been adopted by
THE NATIONAL ASSOCIATION OF PROFESSIONAL BASE BALL LEAGUES.

Amendments indicated by *italics*.

The Ball Ground.

The ball ground must be enclosed. To obviate the necessity for ground rules, the shortest distance from a fence or stand on fair territory to the home base should be 235 feet and from home base to the grand stand 90 feet.

To Lay off the Field.

RULE 2. To lay off the lines defining the location of the several bases, the catcher's and the pitcher's position and to establish the boundaries required in playing the game of base ball, proceed as follows:

Diamond or Infield.

From a point, A, within the grounds, project a straight line out into the field, and at a point, B, 154 feet from point A, lay off lines BC and BD at right angles to the line AB; then, with B as a center and 63.63945 feet as a radius, describe arcs cutting the lines BA at F and BC at G, BD at H and BE at I. Draw lines FG, GI, IH, and HF, each 90 feet in length, which said lines shall be the containing lines of the Diamond or Infield.

The Catcher's Lines.

RULE 3. SECTION 1. With F as a center and 10 feet radius, describe an arc cutting line FA at Z and draw lines ZJ and ZK at right angles to FA, and continue each out from FA not less than 10 feet.

SEC. 2. With F as a center and 90 feet radius, describe an arc cutting FA at L and draw lines LM and LO at right angles to FA, and continue each out from FL not less than 90 feet, to form the back-stop line.

The Foul Lines.

RULE 4. From the intersection point, F, continue the straight lines G F and H F until they intersect the lines L O and L M, and then from the points G and H in the opposite direction until they reach the boundary lines of the ground, and said lines shall be clearly visible from any part of the diamond, and no wood or other hard substance shall be used in the construction of such lines.

The Players' Lines.

RULE 5. With F as center and 50 feet radius, describe arcs cutting lines F O and F M at P and Q; then, with F as center again and 75 feet radius, describe arcs cutting F G and F H at R and S; then, from the points P, Q, R and S draw lines at right angles to the lines F O, F M, F G and F H, and continue the same until they intersect at the points W and T.

The Coachers' Lines.

RULE 6. With R and S as centers and 15 feet radius, describe arcs cutting the lines R W and S T at X and Y and from the points X and Y draw lines parallel with the lines F G and F H and continue same out to the boundary lines of the ground.

The Three-Foot Line.

RULE 7. With F as a center and 45 feet radius, describe an arc cutting the line F G at the figure one (1) and from the figure one (1) to the distance of three feet draw a line at right angles to F G, and mark point 2; then from point 2 draw a line parallel with the line F G to a point three feet beyond the point G, marked 3; then from the point 3 draw a line at right angles to line 2, 3, back to and intersecting with F G.

The Batsman's Lines.

RULE 8. On either side of the line A F B describe a rectangle six feet long and four feet wide (marked 9 and 10, respectively). The longest side of each rectangle shall be parallel with the line A F B and the rectangles shall be 29 inches apart or $14\frac{1}{2}$ inches on either side of line A F B. The middle of the long side of each rectangle shall be on a line with the middle corners of home base.

The Pitcher's Plate.

RULE 9. SECTION 1. From point F measure along line FE a distance of 60 feet 6 inches to point 4, which marks the front of the pitcher's plate. Draw line 5, 6, passing through point 4 at right angles to F4, and extending 12 inches on either side of line FB; then with line 5, 6, as a side, describe a rectangle 24 inches by 6 inches in which shall be placed the pitcher's plate.

SEC. 2. The pitcher's plate shall not be more than 15 inches higher than the base lines or the home plate, which shall be level with the surface of the field, and the slope from the pitcher's plate to every base line and the home plate shall be gradual.

The Bases.

RULE 10. SECTION 1. Within the angle F, describe a five-sided figure, two of the sides of which shall coincide with the lines FG and FH to the extent of 12 inches each, thence parallel with the line FB $8\frac{1}{2}$ inches to the points U and V a straight line between which, 17 inches long, will form the front of the home base or plate.

SEC. 2. Within the angles at G and H describe squares, whose sides are 15 inches in length, two of the sides of which squares shall lie along the lines FG and GI, IH and HF, which squares shall be the location of the first and third bases respectively. At point I, the intersection of GI and HI, describe a square 15 inches on each side, the center of which is directly over point I and whose sides are parallel to GI and HI. This shall locate second base.

RULE 11. The home base at F and the pitcher's plate at 4 must be each of whitened rubber, and so fixed in the ground as to be even with its surface. The size of the pitcher's plate shall be 24 inches by 6 inches.

RULE 12. The first base at G, the second base at I and the third base at H must each be a white canvas bag 15 inches square filled with soft material and securely fastened in place at the points specified in Rule 10.

RULE 13. The lines described in Rules 3, 4, 5, 6, 7, and 8 must be marked with lime, chalk or other white material, easily distinguishable from the ground or grass.

The Ball.

RULE 14. SECTION 1. The ball must weigh not less than five nor more than five and one-quarter ounces avoirdupois, and measure not less than nine nor more than nine and one-quarter inches in circumference. The Spalding National League Ball or the Reach American League Ball must be used in all games played under these rules.

SEC. 2. Two regulation balls of the make adopted by the league of which the contesting clubs are members, shall be delivered by the home club to the umpire at or before the hour for the commencement of a championship game. If the ball placed in play be batted or thrown out of the grounds or into one of the stands for spectators or in the judgment of the umpire, becomes unfit for play from any cause, the umpire shall at once deliver the alternate ball to the pitcher and another legal ball shall be supplied to him, so that he shall at all times have in his control one or more alternate balls. Provided, however, that all balls batted or thrown out of the ground or into a stand shall when returned to the field be given into the custody of the umpire immediately and become alternate balls and so long as he has in his possession two or more alternate balls, he shall not call for a new ball to replace one that has gone out of play. The alternate balls shall become the ball in play in the order in which they were delivered to the umpire.

SEC. 3. Immediately upon the delivery to him of the alternate ball by the umpire, the pitcher shall take his position and on the call of "Play," by the umpire, it shall become the ball in play. Provided, however, that play shall not be resumed with the alternate ball when a fair batted ball or a ball thrown by a fielder goes out of the ground or into a stand for spectators until the base-runners have completed the circuit of the bases unless compelled to stop at second or third base in compliance with a ground rule.

The Spalding League Ball has been adopted by the National League for the past forty years and is used in all the League contests. It has also been adopted by the majority of other professional leagues and by practically all the colleges.

For junior clubs (clubs composed of boys under 16 years of age) we recommend them to use the Spalding "Official National League" Jr. Ball, and that games played by junior clubs with this ball will count as legal games the same as if played with the Official League Ball.

Discolored or Damaged Balls.

SEC. 4. In the event of a ball being intentionally discolored by rubbing it with the soil or otherwise by any player, or otherwise damaged by any player, the umpire shall forthwith demand the return of that ball and substitute for it another legal ball, as hereinbefore described, and impose a fine of \$5.00 on the offending player.

Home Club to Provide Balls.

SEC. 5. In every game the balls played with shall be furnished by the home club, and the last in play shall become the property of the winning club. Each ball shall be enclosed in a paper box, which must be sealed with the seal of the President of the League and bear his certificate that the ball contained therein is of the required standard in all respects. The seal shall not be broken by the umpire except in the presence of the captains of the contesting teams after "Play" has been called.

Reserve Balls on Field.

SEC. 6. The home club shall have at least a dozen regulation balls on the field during each championship game, ready for use on the call of the umpire.

The Bat.

RULE 15. The bat must be round, not over two and three-fourth inches in diameter at the thickest part, nor more than 42 inches in length and entirely of hardwood, except that for a distance of 18 inches from the end, twine may be wound around or a granulated substance applied to the handle.

Number of Players in a Game.

RULE 16. The players of each club, actively engaged in a game at one time, shall be nine in number, one of whom shall act as captain; and in no case shall more or less than nine men be allowed to play on a side in a game.

Positions of the Players.

RULE 17. The players of the team not at bat may be stationed at any points of the field on fair ground their captain may elect, regardless of their respective positions, except that the pitcher, while in the act of delivering the ball to the bat must take his position

as defined in Rules 9 and 30; and the catcher must be within the lines of his position, as defined in Rule 3, and within 10 feet of home base, whenever the pitcher delivers the ball to the bat.

Must Not Mingle With Spectators.

- RULE 18.** Players in uniform shall not be permitted to occupy seats in the stands, or to mingle with the spectators.

Uniforms of Players.

- RULE 19.** Every club shall adopt two uniforms for its players, one to be worn in games at home and the other in games abroad, and the suits of each of the uniforms of a team shall conform in color and style. No player who shall attach anything to the sole or heel of his shoe other than the ordinary base ball shoe plate, or who shall appear in a uniform not conforming to the suits of the other members of his team, shall be permitted to take part in a game.

Size and Weight of Gloves.

- RULE 20.** The catcher or first baseman may wear a glove or mitt of any size, shape or weight. Every other player is restricted to the use of a glove or mitt weighing not over 10 ounces and measuring not over 14 inches around the palm.

Players' Benches.

- RULE 21.** SECTION 1. Players' benches must be furnished by the home club and placed upon a portion of the ground not less than twenty-five (25) feet outside of the players' lines. One such bench shall be for the exclusive use of the visiting team and the other for the exclusive use of the home team. Each bench must be covered with a roof and closed at the back and each end; a space, however, not more than six (6) inches wide may be left under the roof for ventilation. All players and substitutes of the side at bat must be seated on their team's bench, except the batsman, base-runners and such as are legally assigned to coach base-runners. Under no circumstances shall the umpire permit any person except the players and substitutes in uniform and the manager of the team entitled to its exclusive use to be seated on a bench.

Penalty for Violation.

- SEC. 2. Whenever the umpire observes a violation of the preceding section, he shall immediately order such player or

players as have disregarded it to be seated. If the order be not obeyed within one minute the offending player or players shall be fined \$5.00 each by the umpire. If the order be not then obeyed within one minute, the offending player or players shall be debarred from further participation in the game, and shall be obliged to forthwith leave the playing field.

A Regulation Game.

RULE 22. Every championship game must be commenced not later than two hours before sunset and shall continue until each team has had nine innings, provided, however, that the game shall terminate:

SECTION 1. If the side first at bat scores less runs in nine innings than the other side has scored in eight innings.

SEC. 2. If the side last at bat in the ninth inning scores the winning run before the third man is out.

SEC. 3. If the game be called by the umpire on account of darkness, rain, fire, panic, or for other cause which puts patrons or players in peril.

Extra-Innings Games.

RULE 23. If the score be a tie at the end of nine (9) innings for each team, play shall be continued until one side has scored more runs than the other in an equal number of innings, provided, that if the side last at bat score the winning run before the third man is out in any inning after the ninth, the game shall terminate.

Drawn Games.

RULE 24. A drawn game shall be declared by the umpire if the score is equal on the last even inning played when he terminates play in accordance with Rule 22, Section 3, after five or more equal innings have been played by each team. But if the side that went second to bat is at bat when the game is terminated, and has scored the same number of runs as the other side, the umpire shall declare the game drawn without regard to the score of the last equal inning.

Called Games.

RULE 25. If the umpire calls a game in accordance with Rule 22, Section 3, at any time after five innings have been completed, the score shall be that of the last equal innings played, except that if the side second at bat shall have scored in an unequal number of

innings, or before the completion of the unfinished inning, at least one run more than the side first at bat, the score of the game shall be the total number of runs each team has made.

Forfeited Games.

RULE 26. A forfeited game shall be declared by the umpire in favor of the club not in fault, in the following cases:

SECTION 1. If the team of a club fail to appear upon the field, or being upon the field, refuse to begin a game for which it is scheduled or assigned, within five minutes after the umpire has called "Play" at the hour for the beginning of the game, unless such delay in appearing, or in commencing the game be unavoidable.

SEC. 2. If, after the game has begun, one side refuse to continue to play, unless the game has been suspended or terminated by the umpire.

SEC. 3. If, after play has been suspended by the umpire, one side fails to resume playing in one minute after the umpire has called "Play."

SEC. 4. If a team employ tactics palpably designed to delay the game.

SEC. 5. If, after warning by the umpire, any one of the rules of the game be wilfully and persistently violated.

SEC. 6. If the order for the removal of a player, as authorized by Rules 21, 58 and 67, be not obeyed within one minute.

SEC. 7. If, because of the removal of players from the game by the umpire, or for any cause, there be less than nine players on either team.

SEC. 8. If, after the game has been suspended on account of rain, the orders of the umpire are not complied with as required by Rule 29.

SEC. 9. If, when two games are scheduled to be played in one afternoon, the second game be not commenced within ten minutes of the time of the completion of the first game. The umpire of the first game shall be the timekeeper.

SEC. 10. In case the umpire declare the game forfeited he shall transmit a written report thereof to the President of the League within twenty-four hours thereafter. However, a failure on the part of the umpire to so notify the President shall not affect the validity of his award of the game by forfeiture.

No Game.

RULE 27. "No game" shall be declared by the umpire if he terminates play in accordance with Rule 22, Sec. 3, before five innings are completed by each team. Provided, however, that if the club second at bat shall have made more runs at the end of its fourth inning than the club first at bat has made in five completed innings of a game so terminated, the umpire shall award the game to the club having made the greater number of runs, and it shall count as a legal game in the championship record.

Substitutes.

RULE 28. SECTION 1. Each side shall be required to have present on the field during a championship game a sufficient number of substitute players in uniform, conforming to the suits worn by their team-mates, to carry out the provisions of this code which requires that not less than nine players shall occupy the field in any inning of the game.

SEC. 2. Any such substitute may at any stage of the game take the place of a player whose name is in his team's batting order, but the player whom he succeeds shall not thereafter participate in that game.

SEC. 3. A base-runner shall not have another player whose name appears in the batting order of his team run for him except by the consent of the captain of the other team.

SEC. 4. Whenever one player is substituted for another, whether as batsman, base-runner or fielder, the captain of the side making the change must immediately notify the umpire, who in turn must announce the same to the spectators. A fine of \$5.00 shall be assessed by the umpire against the captain for each violation of this rule, and the President of the League shall impose a similar fine against the umpire, who, after having been notified of a change, fails to make proper announcement. Play shall be suspended while announcement is being made, and the player substituted shall become actively engaged in the game immediately upon his captain's notice of the change to the umpire.

Choice of Innings—Fitness of Field for Play.

RULE 29. The choice of innings shall be given to the captain of the home club, who shall be the sole judge of the fitness of the ground for beginning a game after a rain; but, after play has been called by the umpire, he alone shall be the judge as to the fitness of the

ground for resuming play after the game has been suspended on account of rain, and when time is so called the ground-keeper and sufficient assistants shall be under the control of the umpire for the purpose of putting the ground in proper shape for play, under penalty of forfeiture of the game by the home team.

THE PITCHING RULES.

Delivery of the Ball to the Bat.

RULE 30. Preliminary to pitching, the pitcher shall take his position facing the batsman with both feet squarely on the ground and in front of the pitcher's plate or on top of the pitcher's plate; and in the act of delivering the ball to the bat he must keep one foot in contact with the pitcher's plate defined in Rule 9. He shall not raise either foot until in the act of delivering the ball to the bat, nor make more than one step in such delivery.

A Fairly Delivered Ball.

RULE 31. A fairly delivered ball is a ball pitched or thrown to the bat by the pitcher while standing in his position and facing the batsman that passes over any portion of the home base, before touching the ground, not lower than the batsman's knee, nor higher than his shoulder. For every such fairly delivered ball the umpire shall call one strike.

An Unfairly Delivered Ball.

RULE 32. An unfairly delivered ball is a ball delivered to the bat by the pitcher while standing in his position and facing the batsman that does not pass over any portion of the home base between the batsman's shoulder and knees, or that touches the ground before passing home base, unless struck at by the batsman; or, with the bases unoccupied, any ball delivered by the pitcher while no foot is in contact with the pitcher's plate. For every unfairly delivered ball the umpire shall call one ball.

Delaying the Game.

RULE 33. SECTION 1. If, after the batsman be standing in his proper position ready to strike at a pitched ball, the ball be thrown by the pitcher to any player other than the catcher when in the catcher's lines and within 10 feet of the home base (except in an attempt to retire a base-runner), each ball so thrown shall be called a ball.

SEC. 2. The umpire shall call a ball on the pitcher each time he delays the game by failing to deliver the ball to the batsman for a longer period than 20 seconds, excepting that at the commencement of each inning, or when a pitcher relieves another, the pitcher may occupy one minute in delivering not to exceed five balls to the catcher or an infielder, during which time play shall be suspended.

SEC. 3. In event of the pitcher being taken from his position by either manager or captain, the player substituted for him shall continue to pitch until the batsman then at bat has either been put out or has reached first base.

Balking.

A balk shall be:

RULE 34. SECTION 1. Any motion made by the pitcher while in position to deliver the ball to the bat without delivering it, or to throw to first base when occupied by a base-runner without completing the throw.

SEC. 2. Throwing the ball by the pitcher to any base to catch the base-runner without stepping directly toward such base in the act of making such throw.

SEC. 3. Any delivery of the ball to the bat by the pitcher while either foot is back of and not in contact with the pitcher's plate.

SEC. 4. Any delivery of the ball to the bat by the pitcher while he is not facing the batsman.

SEC. 5. Any motion in delivering the ball to the bat by the pitcher while not in the position defined by Rule 30.

SEC. 6. Holding of the ball by the pitcher so long as, in the opinion of the umpire, to unnecessarily delay the game.

SEC. 7. Making any motion to pitch while standing in his position without having the ball in his possession.

SEC. 8. Making any motion of the arm, shoulder, hip or body the pitcher habitually makes in his method of delivery, without immediately delivering the ball to the bat.

SEC. 9. Delivery of the ball to the bat when the catcher is standing outside the lines of the catcher's position as defined in Rule 3.

If the pitcher shall fail to comply with the requirements of any section of this rule, the umpire shall call a "balk."

Dead Ball.

RULE 35. A dead ball is a ball delivered to the bat by the pitcher, not struck at by the batsman, that touches any part of the batsman's person or clothing while he is standing in his position.

Ball Not in Play.

RULE 36. In case of an illegally batted ball, a balk, foul hit ball not legally caught, dead ball, interference with the fielder or batsman, or a fair hit ball striking a base-runner or umpire before touching a fielder, the ball shall not be considered in play until it be held by the pitcher standing in his position, and the umpire shall have called "Play."

Block Balls.

RULE 37. **SECTION 1.** A block is a batted or thrown ball that is touched, stopped or handled by a person not engaged in the game.

SEC. 2. Whenever a block occurs the umpire shall declare it, and base-runners may run the bases without liability to be put out until the ball has been returned to and held by the pitcher in his position.

SEC. 3. If a person not engaged in the game should retain possession of a blocked ball, or throw or kick it beyond the reach of the fielders, the umpire shall call "Time" and require each base-runner to stop at the base last touched by him until the ball be returned to the pitcher in his position and the umpire shall have called "Play."

THE BATTING RULES.

The Batsman's Position.

RULE 38. Each player of the side at bat shall become the batsman and must take his position within the batsman's lines (as defined in Rule 8) in the order that his name appears in his team's batting list.

The Order of Batting.

RULE 39. **SECTION 1.** The batting order of each team must be on the score card and must be delivered before the game by its captain to the umpire at the home plate, who shall submit it to the inspection of the captain of the other side. The batting order delivered to the umpire must be followed throughout the game unless a player be substituted for another, in which case the substi-

tute must take the place in the batting order of the retired player.

SEC. 2. When the umpire announces the pitcher prior to commencement of game, the player announced must pitch until the first batsman has either been put out or has reached first base.

The First Batsman in an Inning.

RULE 40. After the first inning the first striker in each inning shall be the batsman whose name follows that of the last man who completed his "time at bat" in the preceding inning.

Players Belong on Bench.

RULE 41. When a side goes to the bat its players must immediately seat themselves on the bench assigned to them as defined in Rule 21, and remain there until their side is put out, except when called to the bat or to act as coaches or substitute base-runners.

Reserved for Umpire, Catcher and Batsman.

RULE 42. No player of the side "at bat," except the batsman, shall occupy any portion of the space within the catcher's lines as defined in Rule 3. The triangular space back of the home base is reserved for the exclusive use of the umpire, catcher and batsman, and the umpire must prohibit any player of the side "at bat" from crossing the same at any time while the ball is in the hands of the pitcher or catcher, or passing between them while standing in their positions.

Fielder Has Right of Way.

RULE 43. The players of the side at bat must speedily abandon their bench and hasten to another part of the field when by remaining upon or near it they or any of them would interfere with a fielder in an attempt to catch or handle a thrown or a batted ball.

A Fair Hit.

RULE 44. A fair hit is a legally batted ball that settles on fair ground between home and first base or between home and third base or that is on fair ground when bounding to the outfield past first or third base or that first falls on fair territory beyond first or third base, or that, while on or over fair ground, touches the person of the umpire or a player.

A Foul Hit.

RULE 45. A foul hit is a legally batted ball that settles on foul territory between home and first base or home and third base, or that bounds past first or third base on foul territory or that falls on foul territory beyond first or third base, or, while on or over foul ground, touches the person of the umpire or a player.

A Foul Tip.

RULE 46. A foul tip is a ball batted by the batsman while standing within the lines of his position, that goes sharp and direct from the bat to the catcher's hands and is legally caught.

A Bunt Hit.

RULE 47. A bunt hit is a legally batted ball, not swung at, but met with the bat and tapped slowly within the infield by the batsman. If the attempt to bunt result in a foul not legally caught, a strike shall be called by the umpire.

Balls Batted Outside the Ground.

RULE 48. SECTION 1. When a batted ball passes outside the ground or into a stand the umpire shall decide it fair or foul according to where it disappears from the umpire's view.

SEC. 2. A fair batted ball that goes over the fence or into a stand shall entitle the batsman to a home run unless it should pass out of the ground or into a stand at a less distance than two hundred and thirty-five (235) feet from the home base, in which case the batsman shall be entitled to two bases only. In either event the batsman must touch the bases in regular order. The point at which a fence or stand is less than 235 feet from the home base shall be plainly indicated by a white or black sign or mark for the umpire's guidance.

Strikes.

A strike is:

RULE 49. SECTION 1. A pitched ball struck at by the batsman without its touching his bat.

SEC. 2. A fair ball legally delivered by the pitcher at which the batsman does not strike.

SEC. 3. A foul hit ball not caught on the fly unless the batsman has two strikes.

SEC. 4. An attempt to bunt which results in a foul not legally caught.

SEC. 5. A pitched ball, at which the batsman strikes but misses and which touches any part of his person.

SEC. 6. A foul tip, held by the catcher, while standing within the lines of his position.

An Illegally Batted Ball.

RULE 50. An illegally batted ball is a ball batted by the batsman when either or both of his feet are upon the ground outside of the lines of the batsman's position.

When Batsman is Out.

The batsman is out:

RULE 51. SECTION 1. If he fail to take his position at the bat in the order in which his name appears on the batting list unless the error be discovered and the proper batsman replace him before he becomes a base-runner, in which case, the balls and strikes called must be counted in the time "at bat" of the proper batsman. But only the proper batsman shall be declared out, and no runs shall be scored or bases run because of any act of the improper batsman. Provided, this rule shall not be enforced unless the out be declared before the ball be delivered to the succeeding batsman. Should the batsman declared out under this section be the third hand out and his side be thereby put out, the proper batsman in the next inning shall be the player who would have come to bat had the players been put out by ordinary play in the preceding inning.

SEC. 2. If he fail to take his position within one minute after the umpire has called for the batsman.

SEC. 3. If he make a foul hit other than a foul tip as defined in Rule 46, and the ball be momentarily held by a fielder before touching the ground; provided, it be not caught in a fielder's cap, protector, pocket or other part of his uniform, or strike some object other than a fielder before being caught.

SEC. 4. If he bat the ball illegally, as defined in Rule 50.

SEC. 5. If he attempt to hinder the catcher from fielding or throwing the ball by stepping outside the lines of the batsman's position, or in any way obstructing or interfering with that player; except that the batsman shall not be out under this section if the base-runner be declared out according to Section 15 of Rule 56.

SEC. 6. If, while first base be occupied by a base-runner, the third strike be called on him by the umpire, unless two men are already out.

SEC. 7. If, while attempting a third strike, the ball touch any part of the batsman's person, in which case base-runners occupying bases shall not advance as prescribed in Rule 55, Section 5.

SEC. 8. If, before two hands are out, while first and second or first, second and third bases are occupied, he hit a fly ball, other than a line drive, that can be handled by an infielder. In such case the umpire shall, as soon as the ball be hit, declare it an infield or outfield hit.

SEC. 9. If the third strike be called in accordance with Sections 4 or 5 of Rule 49.

SEC. 10. If he steps from one batsman's box to the other while the pitcher is in his position ready to pitch.

BASE RUNNING RULES.

Legal Order of Bases.

RULE 52. The Base-Runner must touch each base in legal order, viz., First, Second, Third and Home Bases; and when obliged to return while the ball is in play, must retouch the base or bases in reverse order. He can only acquire the right to a base by touching it, before having been put out, and shall then be entitled to hold such base until he has legally touched the next base in order, or has been legally forced to vacate it for a succeeding base-runner. However, no base-runner shall score a run to count in the game ahead of the base-runner preceding him in the batting order, if there be such preceding base-runner who has not been put out in that inning.

When the Batsman Becomes a Base-Runner.

RULE 53. The batsman becomes a base-runner :
SECTION I. Instantly after he makes a fair hit.

SEC. 2. Instantly after "Four Balls" have been called by the umpire.

SEC. 3. Instantly after "Three Strikes" have been declared by the umpire.

SEC. 4. If, without making any attempt to strike at the ball, his person or clothing be hit by a pitched ball unless, in the opinion of the umpire, he plainly makes no effort to get out of the way of the pitched ball.

SEC. 5. If the catcher interfere with him in or prevent him from striking at a pitched ball.

SEC. 6. If a fair hit ball strike the person or clothing of the umpire or a base-runner on fair ground.

Entitled to Bases.

RULE 54. The base-runner shall be entitled, without liability to be put out, to advance a base in the following cases:

SECTION 1. If, while the batsman, he becomes a base-runner by reason of "four balls," or for being hit by a pitched ball, or for being interfered with by the catcher in striking at a pitched ball, or if a fair hit ball strike the person or clothing of the umpire or a base-runner on fair ground before touching a fielder.

SEC. 2. If the umpire awards to a succeeding batsman a base on four balls, or for being hit by a pitched ball, or being interfered with by the catcher in striking at a pitched ball and the base-runner be thereby forced to vacate the base held by him.

SEC. 3. If the umpire call a "Balk."

SEC. 4. If a ball delivered by the pitcher pass the catcher and touch any fence or building within ninety (90) feet of the home base.

SEC. 5. If he be prevented from making a base by the obstruction of a fielder, unless the latter have the ball in his hand ready to touch the base-runner.

SEC. 6. If the fielder stop or catch a batted ball or a thrown ball with his cap, glove or any part of his uniform, while detached from its proper place on his person, the runner or runners shall be entitled to three bases if a batted ball or to two bases if a thrown ball.

SEC. 7. If a thrown or pitched ball strike the person or clothing of an umpire the ball shall be considered in play and the base-runner or runners shall be entitled to all the bases they can make.

Returning to Bases.

RULE 55. The base-runner shall return to his base without liability to be put out:

SECTION 1. If the umpire declares any foul not legally caught.

SEC. 2. If the umpire declares an illegally batted ball.

SEC. 3. If the umpire declares a dead ball, unless it be also the fourth unfair ball, and he be thereby forced to take the next base, as provided in Rule 54, Section 2.

SEC. 4. If the person or clothing of the umpire, while stationed back of the bat, interfere with the catcher in an attempt to throw.

SEC. 5. If a pitched ball at which the batsman strikes but misses, touch any part of the batsman's person.

SEC. 6. If the umpire be struck by a fair hit ball before touching a fielder; in which case no base shall be run unless necessitated by the batsman becoming a base-runner, and no run shall be scored unless all the bases are occupied.

SEC. 7. If the umpire declares the batsman or another base-runner out for interference.

SEC. 8. In any and all of these cases the base-runner is not required to touch the intervening bases in returning to the base he is legally entitled to.

When Base-Runners are Out.

The base-runner is out:

RULE 56. SECTION 1. If, after three strikes have been declared against him while the batsman, the third strike ball be not legally caught and he plainly attempts to hinder the catcher from fielding the ball.

SEC. 2. If, having made a fair hit while batsman, such fair hit ball be momentarily held by a fielder before touching the ground or any object other than a fielder; provided, it be not caught in a fielder's hat, cap, protector, pocket or other part of his uniform.

SEC. 3. If, when the umpire has declared "Three Strikes" on him while the batsman, the third strike ball be momentarily held by a fielder before touching the ground; provided, it be not caught in a fielder's cap, protector, pocket or other part of his uniform, or touch some object other than a fielder before being caught.

SEC. 4. If, after three strikes or a fair hit, he be touched with the ball in the hand of a fielder before he shall have touched first base.

SEC. 5. If, after three strikes or a fair hit, the ball be securely held by a fielder while touching first base with any part of his person before such base-runner touch first base.

SEC. 6. If, in running the last half of the distance from home base to first base, while the ball is being fielded to first

base, he run outside the three-foot lines, as defined in Rule 7, unless he do so to avoid a fielder attempting to field a batted ball.

SEC. 7. If, in running from first to second base, from second to third base, or from third to home base, he run more than three feet from a direct line between a base and the next one in regular or reverse order to avoid being touched by a ball in the hands of a fielder. But in case a fielder be occupying a base-runner's proper path in attempting to field a batted ball, then the base-runner shall run out of direct line to the next base and behind said fielder and shall not be declared out for so doing.

SEC. 8. If he fail to avoid a fielder attempting to field a batted ball, in the manner described in Sections 6 and 7 of this rule, or in any way obstruct a fielder in attempting to field a batted ball, or intentionally interfere with a thrown ball; provided, that if two or more fielders attempt to field a batted ball, and the base-runner come in contact with one or more of them, the umpire shall determine which fielder is entitled to the benefit of this rule, and shall not decide the base-runner out for coming in contact with a fielder other than the one the umpire determines to be entitled to field such batted ball.

SEC. 9. If at any time while the ball is in play, he be touched by the ball in the hands of a fielder, unless some part of his person be touching the base he is entitled to occupy; provided, however, that the ball be held by the fielder after touching him, unless the base-runner deliberately knock it out of his hand.

SEC. 10. If, when a fair or foul hit ball (other than a foul tip as defined in Rule 46) be legally caught by a fielder, such ball be legally held by a fielder on the base occupied by the base-runner when such ball was batted, or the base-runner be touched with the ball in the hands of a fielder, before he retouch such base after such fair or foul hit ball was so caught; provided, that the base-runner shall not be out in such case, if, after the ball was legally caught as above, it be delivered to the bat by the pitcher before the fielder hold it on said base, or touch the base-runner out with it; but if the base-runner, in attempting to reach a base, detach it from its fastening before being touched or forced out, he shall be declared safe.

SEC. 11. If, when the batsman becomes a base-runner, the first base, or the first and second bases, or the first, second and third bases be occupied, any base-runner so occupying a

base shall cease to be entitled to hold it, and may be put out at the next base in the same manner as in running to first base, or by being touched with the ball in the hands of a fielder at any time before any base-runner following him in the batting order be put out, unless the umpire should decide the hit of the batsman to be an infield fly.

SEC. 12. If a fair hit ball strike him before touching a fielder, and, in such case, no base shall be run unless necessitated by the batsman becoming a base-runner, but no run shall be scored or any other base-runner put out until the umpire puts the ball back into play.

SEC. 13. If, when advancing bases, or forced to return to a base, while the ball is in play, he fail to touch the intervening base or bases, if any, in the regular or reverse order, as the case may be, he may be put out by the ball being held by a fielder on any base he failed to touch, or by being touched by the ball in the hands of a fielder in the same manner as in running to first base; provided, that the base-runner shall not be out in such case if the ball be delivered to the bat by the pitcher before the fielder hold it on said base or touch the base-runner with it.

SEC. 14. If, when the umpire call "Play," after the suspension of a game, he fail to return to and touch the base he occupied when "Time" was called before touching the next base; provided, the base-runner shall not be out, in such case, if the ball be delivered to the bat by the pitcher, before the fielder hold it on said base or touch the base-runner with it.

SEC. 15. If with one or no one out and a base-runner on third base, the batsman interferes with a play being made at home plate.

SEC. 16. If he pass a preceding base-runner before such runner has been legally put out he shall be declared out immediately.

SEC. 17. If a coacher at third base touch or hold a base-runner at third base or a base-runner who is rounding third base for home plate the umpire shall declare such base-runner out.

Overrunning First Base.

SEC. 18. The base-runner in running to first base may overrun said base after touching it in passing without incurring liability to be out for being off said base, provided he return at once and retouch the base, after which he may be put out as at any other base. If, after over-

running first base, he attempts to run to second base, before returning to first base, he shall forfeit such exemption from liability to be put out.

SEC. 19. If, while third base is occupied, the coacher stationed near that base shall run in the direction of home base on or near the base line while a fielder is making or trying to make a play on a batted ball not caught on the fly, or on a thrown ball, or a fly ball, and thereby draws a throw to home base, the base-runner entitled to third base shall be declared out by the umpire for the coacher's interference with and prevention of the legitimate play.

SEC. 20. If one or more members of the team at bat stand or collect at or around a base for which a base-runner is trying, thereby confusing the fielding side and adding to the difficulty of making such play, the base-runner shall be declared out for the interference of his teammate or team-mates.

When Umpire Shall Declare an Out.

The umpire shall declare the batsman or
RULE 57. base-runner out, without waiting for an appeal for such decision, in all cases where such player be put out in accordance with any of these rules, except Sections 13 and 18 of Rule 56.

Coaching Rules.

A coacher may address words of assistance
RULE 58. and direction to the base-runners or to the batsman. He shall not, by words or signs, incite or try to incite the spectators to demonstrations, and shall not use language which will in any manner refer to or reflect upon a player of the opposite club, the umpire or the spectators. Not more than two coaches, who must be players in the uniform of the team at bat, shall be allowed to occupy the space between the players' and the coaches' lines, one near first and the other near third base, to coach base-runners. If there be more than the legal number of coaches or this rule be violated in any respect the umpire must order the illegal coacher or coaches to the bench, and if his order be not obeyed within one minute, the umpire shall assess a fine of \$5.00 against each offending player, and upon a repetition of the offense, the offending player or players shall be debarred from further participation in the game, and shall leave the playing field forthwith.

The Scoring of Runs.

RULE 59. One run shall be scored every time a base-runner, after having legally touched the first three bases, shall legally touch the home base before three men are put out; provided, however, that if he reach home on or during a play in which the third man be forced out or be put out before reaching first base, a run shall not count. A force-out can be made only when a base-runner legally loses the right to the base he occupies by reason of the batsman becoming a base-runner, and he is thereby obliged to advance.

UMPIRES AND THEIR DUTIES.

Power to Enforce Decisions.

RULE 60. The umpires are the representatives of the League and as such are authorized and required to enforce each section of this code. They shall have the power to order a player, captain or manager to do or omit to do any act which in their judgment is necessary to give force and effect to one or all of these rules, and to inflict penalties for violations of the rules as hereinafter prescribed. In order to define their respective duties, the umpire judging balls and strikes shall be designated as the "Umpire-in-Chief"; the umpire judging base decisions as the "Field Umpire."

The Umpire-in-Chief.

RULE 61. **SECTION 1.** The Umpire-in-Chief shall take position back of the catcher; he shall have full charge of and be responsible for the proper conduct of the game. With exception of the base decisions to be made by the Field Umpire, the Umpire-in-Chief shall render all the decisions that ordinarily would devolve upon a single umpire, and which are prescribed for "The Umpire" in these Playing Rules.

SEC. 2. He shall call and count as a "ball" any unfair ball delivered by the pitcher to the batsman. He shall also call and count as a "strike" any fairly delivered ball which passes over any portion of the home base, and within the batsman's legal range as defined in Rule 31, whether struck at or not by the batsman; or a foul tip which is caught by the catcher standing within the lines of his position, within 10 feet of the home base; or which, after being struck at and not hit, strike the person of the batsman; or when the ball be bunted foul by the batsman; or any

foul hit ball not caught on the fly unless the batsman has two strikes; provided, however, that a pitched ball shall not be called or counted a "ball" or "strike" by the umpire until it has passed the home plate.

SEC. 3. He shall render base decisions in the following instances: (1) If the ball is hit fair, with a runner on first, he must go to third base to take a possible decision; (2) with more than one base occupied, he shall decide whether or not a runner on third leaves that base before a fly ball is caught; (3) in case of a runner being caught between third and home, when more than one base is occupied, he shall make the decision on the runner nearest the home plate.

SEC. 4. The Umpire-in-Chief alone shall have authority to declare a game forfeited.

The Field Umpire.

SECTION 1. The Field Umpire shall take
RULE 62. such positions on the playing field as in his judgment are best suited for the rendering of base decisions. He shall render all decisions at first base and second base, and all decisions at third base except those to be made by the Umpire-in-Chief in accordance with Sec. 3, Rule 61.

SEC. 2. He shall aid the Umpire-in-Chief in every manner in enforcing the rules of the game and, with the exception of declaring a forfeiture, shall have equal authority with the Umpire-in-Chief in fining or removing from the game players who violate these rules.

No Appeal From Decisions Based on Umpire's Judgment.

There shall be no appeal from any decision of either umpire on the ground that
RULE 63. he was not correct in his conclusion as to whether a batted ball was fair or foul, a base-runner safe or out, a pitched ball a strike or a ball, or on any other play involving accuracy of judgment, and no decision rendered by him shall be reversed, except that he be convinced that it is in violation of one of these rules. The captain shall alone have the right to protest against a decision and seek its reversal on a claim that it is in conflict with a section of these rules. In case the captain does seek a reversal of a decision based solely on a point of rules, the umpire making the decision shall, if he is in doubt, ask his associate for information before acting on

the captain's appeal. Under no circumstances shall either umpire criticise or interfere with a decision unless asked to do so by his associate.

Duties of Single Umpire.

RULE 64. If but one umpire be assigned, his duties and jurisdiction shall extend to all points, and he shall be permitted to take his stand in any part of the field that in his opinion will best enable him to discharge his duties.

Must Not Question Decisions.

RULE 65. Under no circumstances shall a captain or player dispute the accuracy of the umpire's judgment and decision on a play.

Clubs Can Not Change Umpire.

RULE 66. The umpire can not be changed during a championship game by the consent of the contesting clubs unless the official in charge of the field be incapacitated from service by injury or illness.

Penalties for Violations of the Rules.

RULE 67. SECTION 1. In all cases of violation of these rules, by either player or manager, the penalty shall be prompt removal of the offender from the game and grounds, followed by a period of such suspension from actual service in the club as the President of the League may fix. In the event of removal of player or manager by either umpire, he shall go direct to the club house and remain there during the progress of the game, or leave the grounds; and a failure to do so will warrant a forfeiture of the game by the Umpire-in-Chief.

SEC. 2. The umpire shall assess a fine of \$5.00 against each offending player in the following cases: (1) If the player intentionally discolor or damage the ball; (2) if the player fail to be seated on his bench within one minute after ordered to do so by the umpire; (3) if the player violate the coaching rules and refuse to be seated on his bench within one minute after ordered to do so by the umpire; (4) if the captain fail to notify him when one player is substituted for another.

SEC. 3. In cases where substitute players show their disapproval of decisions by yelling from the bench, the

umpire shall first give warning. If the yelling continues he shall fine each offender \$10.00, and if the disturbance is still persisted in he shall clear the bench of all substitute players; the captain of the team, however, to have the privilege of sending to the club house for such substitutes as are actually needed to replace players in the game.

Umpire to Report Violations of the Rules.

RULE 68. The umpire shall within twelve hours after fining or removing a player from the game, forward to the President a report of the penalty inflicted and the cause therefor.

RULE 69. Immediately upon being informed by the umpire that a fine has been imposed upon any manager, captain or player, the President shall notify the person so fined and also the club of which he is a member; and, in the event of the failure of the person so fined to pay to the Secretary of the League the amount of said fine within five days after notice, he shall be debarred from participating in any championship game or from sitting on a player's bench during the progress of a championship game until such fine be paid.

RULE 70. When the offense of the player debarred from the game be of a flagrant nature, such as the use of obscene language or an assault upon a player or umpire, the umpire shall within four hours thereafter forward to the President of the League full particulars.

Warning to Captains.

RULE 71. The umpire shall notify both captains before the game, and in the presence of each other, that all the playing rules will be strictly and impartially enforced, and warn them that failure on their part to co-operate in such enforcement will result in offenders being fined, and, if necessary to preserve discipline, debarred from the game.

On Ground Rules.

RULE 72. SECTION I. Before the commencement of a game the umpire shall see that the rules governing all the materials of the game are strictly observed.

SEC. 2. In case of spectators overflowing on the playing field, the home captain shall make special ground rules to cover balls batted or thrown into the crowd, provided such rules be acceptable to the captain of the visiting club. If the latter object, then the umpire shall have full authority to make and enforce such special rules, and he shall announce the scope of same to the spectators.

SEC. 3. In all cases where there are no spectators on the playing field, and where a thrown ball goes into a stand for spectators, or over or through any fence surrounding the playing field, or into the players' bench (whether the ball rebounds into the field or not), or remains in the meshes of a wire screen protecting the spectators, the runner or runners shall be entitled to two bases. The umpire in awarding such bases shall be governed by the position of the runner or runners at the time the throw is made.

SEC. 4. The umpire shall also ascertain from the home captain whether any other special ground rules are necessary, and if there be he shall advise the opposing captain of their scope and see that each is duly enforced, provided they do not conflict with any of these rules and are acceptable to the captain of the visiting team.

Official Announcements.

The umpire shall call "Play" at the hour appointed for the beginning of a game, announce "Time" at its legal interruption, and declare "Game" at its legal termination. Prior to the commencement of the game he shall announce the batteries, and during the progress of the game shall announce each change of players. In case of an overflow crowd, he shall announce the special ground rules agreed upon, and he shall also make announcement of any agreement entered into by the two captains to stop play at a specified hour.

Suspension of Play.

RULE 74. The umpire shall suspend play for the following causes:

1. If rain fall so heavily as in the judgment of the umpire to prevent continuing the game, in which case he shall note the time of suspension, and should rain fall continuously for thirty minutes thereafter he shall terminate the game.

2. In case of an accident which incapacitates him or a player from service in the field, or in order to remove from the grounds any player or spectator who has violated the rules, or in case of fire, panic or other extraordinary circumstances.

3. In suspending play from any legal cause the umpire shall call "Time"; when he calls "Time," play shall be suspended until he calls "Play" again, and during the interim no player shall be put out, base be run or run be scored. "Time" shall not be called by the umpire until the ball be held by the pitcher while standing in his position, except that this does not apply to Section 3, Rule 37 nor does it apply in case of fire, panic or storm.

Field Rules.

RULE 75. No person shall be allowed upon any part of the field during the progress of a game except the players in uniform, the manager of each side, the umpire, such officers of the law as may be present in uniform, and such watchmen of the home club as may be necessary to preserve the peace.

RULE 76. No manager, captain or player shall address the spectators during a game except in reply to a request for information about the progress or state of the game, or to give the name of a player.

RULE 77. Every club shall furnish sufficient police force to preserve order upon its own grounds, and in the event of a crowd entering the field during the progress of a game, and interfering with the play in any manner, the visiting club may refuse to play until the field be cleared. If the field be not cleared within 15 minutes thereafter, the visiting club may claim and shall be entitled to the game by a score of nine runs to none (no matter what number of innings has been played).

General Definitions.

RULE 78. "Play" is the order of the umpire to begin the game or to resume it after its suspension.

RULE 79. "Time" is the order of the umpire to suspend play. Such suspension must not extend beyond the day.

RULE 80. "Game" is the announcement of the umpire that the game is terminated.

RULE 81. "An inning" is the term at bat of the nine players representing a club in a game and is completed when three of such players have been legally put out.

RULE 82. "A Time at Bat" is the term at bat of a batsman. It begins when he takes his position, and continues until he is put out or becomes a base-runner. But a time at bat shall not be charged against a batsman who is awarded first base by the umpire for being hit by a pitched ball, or on called balls, or when he makes a sacrifice hit, or for interference by the catcher.

RULE 83. "Legal" or "Legally" signifies as required by these rules.

THE SCORING RULES.

RULE 84. To promote uniformity in scoring championship games the following instructions are given and suggestions and definitions made for the guidance of scorers, and they are required to make all scores in accordance therewith.

The Batsman's Record.

RULE 85. SECTION I. The first item in the tabulated score, after the player's name and position, shall be the number of times he has been at bat during the game, but the exceptions made in Rule 82 must not be included.

SEC. 2. In the second column shall be set down the runs, if any, made by each player.

SEC. 3. In the third column shall be placed the first base hits, if any, made by each player.

The Scoring of Base Hits.

SEC. 4. A base hit shall be scored in the following cases:

When the ball from the bat strikes the ground on or within the foul lines and out of the reach of the fielders, provided the batter reaches first base safely.

When a fair-hit ball is partially or wholly stopped by a fielder in motion, but such player can not recover himself

in time to field the ball to first before the striker reaches that base or to force out another base-runner.

When the ball be hit with such force to an infielder or pitcher that he can not handle it in time to put out the batsman or force out a base-runner. In a case of doubt over this class of hits, a base hit should be scored and the fielder exempted from the charge of an error.

When the ball is hit so slowly toward a fielder that he cannot handle it in time to put out the batsman or force out a base-runner.

In all cases where a base-runner is retired by being hit by a batted ball, unless batted by himself, the batsman should be credited with a base hit.

When a batted ball hits the person or clothing of the umpire, as defined in Rule 53, Section 6.

In no case shall a base hit be scored when a base-runner is forced out by the play.

When a fielder after handling a batted ball, elects to try to retire a base-runner instead of the batter, the play is known as a "fielder's choice." In case the runner is retired, or would be retired but for an error, the batter shall be charged with a time at bat, but no hit. If the runner is not retired, and no error is made, the batter shall be charged with a time at bat, but no hit, provided he swung at the ball, and shall be credited with a sacrifice hit, provided he bunted the ball; if, however, in the judgment of the scorer the batter could not have been retired at first base by perfect fielding, he shall be credited with a base hit.

Sacrifice Hits.

SEC. 5. Sacrifice hits shall be placed in the Summary.

A sacrifice hit shall be credited to the batsman who when no one is out or when but one man is out, advances a runner a base by a bunt hit, which results in the batsman being put out before reaching first, or would so result if it were handled without error.

A sacrifice hit shall also be credited to a batsman who, when no one is out or when but one man is out, hits a fly ball that is caught but results in a run being scored on the catch, or would in the judgment of the scorer so result if caught.

Fielding Records.

SEC. 6. The number of opponents, if any, put out by each player shall be set down in the fourth column. Where the batsman is given out by the umpire for an illegally

batted ball, or fails to bat in proper order, or is declared out on third bunt strike, the put-out shall be scored to the catcher. In cases of the base-runner being declared "out" for interference, running out of line, or on an infield fly, the "out" should be credited to the player who would have made the play but for the action of the base-runner or the announcement of the umpire.

SEC. 7. The number of times, if any, each player assists in putting out an opponent shall be set down in the fifth column. One assist and no more shall be given to each player who handles the ball in aiding in a run-out or any other play of the kind, even though he complete the play by making the put-out.

An assist should be given to a player who makes a play in time to put a runner out, even if the player who could complete the play fails, through no fault of the assisting player.

And generally an assist should be given to each player who handles or assists in any manner in handling the ball from the time it leaves the bat until it reaches the player who makes the put-out, or in case of a thrown ball, to each player who throws or handles it cleanly, and in such a way that a put-out results, or would result if no error were made by a team-mate.

Assists should be credited to every player who handles the ball in the play which results in a base runner being called "out" for interference or for running out of line.

A double play shall mean any two continuous put-outs that take place between the time the ball leaves the pitcher's hands until it is returned to him again standing in the pitcher's box.

Errors.

SEC. 8. An error shall be given in the sixth column for each misplay which prolongs the time at bat of the batsman or prolongs the life of the base-runner or allows a base-runner to make one or more bases when perfect play would have insured his being put out. But a base on balls, a base awarded to a batsman by being struck by a pitched ball, a balk, a passed ball or wild pitch shall not be included in the sixth column.

An error shall not be charged against the catcher for a wild throw in an attempt to prevent a stolen base, unless the base-runner advance an extra base because of the error.

An error shall not be scored against the catcher or an infielder who attempts to complete a double play, unless

the throw be so wild that an additional base be gained. This, however, does not exempt from an error a player who drops a thrown ball when by holding it he would have completed a double play.

In case a base-runner advance a base through the failure of a baseman to stop or try to stop a ball accurately thrown to his base the latter shall be charged with an error and not the player who made such throw, provided there was occasion for it. If such throw be made to second base the scorer shall determine whether the second baseman or shortstop shall be charged with an error.

In event of a fielder dropping a fly but recovering the ball in time to force a runner at another base, he shall be exempted from an error, the play being scored as a "force-out."

Stolen Bases.

SEC. 9. A stolen base shall be credited to the base-runner whenever he advances a base unaided by a base hit, a put-out, a fielding or a battery error, subject to the following exceptions:

In event of a double or triple steal being attempted, where either runner is thrown out, the other or others shall not be credited with a stolen base.

In event of a base-runner being touched out after sliding over a base, he shall not be regarded as having stolen the base in question.

In event of a base-runner making his start to steal a base prior to a battery error, he shall be credited with a stolen base and the battery error shall also be charged.

In event of a palpable muff of a ball thrown by the catcher, when the base-runner is clearly blocked, the infielder making the muff shall be charged with an error and the base-runner shall not be credited with a stolen base.

Definition of Wild Pitch and Passed Ball.

SEC. 10. A wild pitch is a legally delivered ball, so high, low or wide of the plate that the catcher cannot or does not stop and control it with ordinary effort, and as a result the batsman, who becomes a base-runner on such pitched ball, reaches first base or a base-runner advances.

A passed ball is a legally delivered ball that the catcher should hold or control with ordinary effort, but his failure to do so enables the batsman, who becomes a base-runner on such pitched ball, to reach first base or a base-runner to advance.

Definition of Run Earned Off Pitcher.

SEC. II. *A run earned off the pitcher shall be scored every time a player reaches home base by the aid of safe hits, sacrifice hits, stolen bases, bases on balls, hit batsmen, wild pitches and balks, before fielding chances have been offered to retire the side.*

The pitcher shall be given the benefit of doubt whenever fielding errors are made and in determining the base to which a runner should have been held with perfect support on part of fielders. A fielding error made by the pitcher shall be considered the same as any other fielding error. No run can be earned that scores as result of batsman having reached first base on a fielding error or passed ball; nor can any run be earned after the fielding side has failed to accept chances offered to retire the side.

To determine the pitcher's percentage for the season, the total number of runs earned off his pitching shall be divided by the total number of innings he has pitched; then multiplied by nine, to find his average effectiveness for a complete game.

The Summary.

The Summary shall contain:

RULE 86.

SECTION I. The score made in each inning of the game and the total runs of each side in the game.

SEC. 2. The number of stolen bases, if any, made by each player.

SEC. 3. The number of sacrifice hits, if any, made by each player.

SEC. 4. The number of sacrifice flies, if any, made by each player.

SEC. 5. The number of two-base hits, if any, made by each player.

SEC. 6. The number of three-base hits, if any, made by each player.

SEC. 7. The number of home runs, if any, made by each player.

SEC. 8. The number of double and triple plays, if any, made by each team and the players participating in same.

SEC. 9. The number of innings each pitcher pitched in.

SEC. 10. The number of base hits, if any, made off each pitcher and the number of legal "at bats" scored against each pitcher.

SEC. 11. The number of times, if any, the pitcher strikes out the opposing batsmen.

SEC. 12. The number of times, if any, the pitcher gives bases on balls.

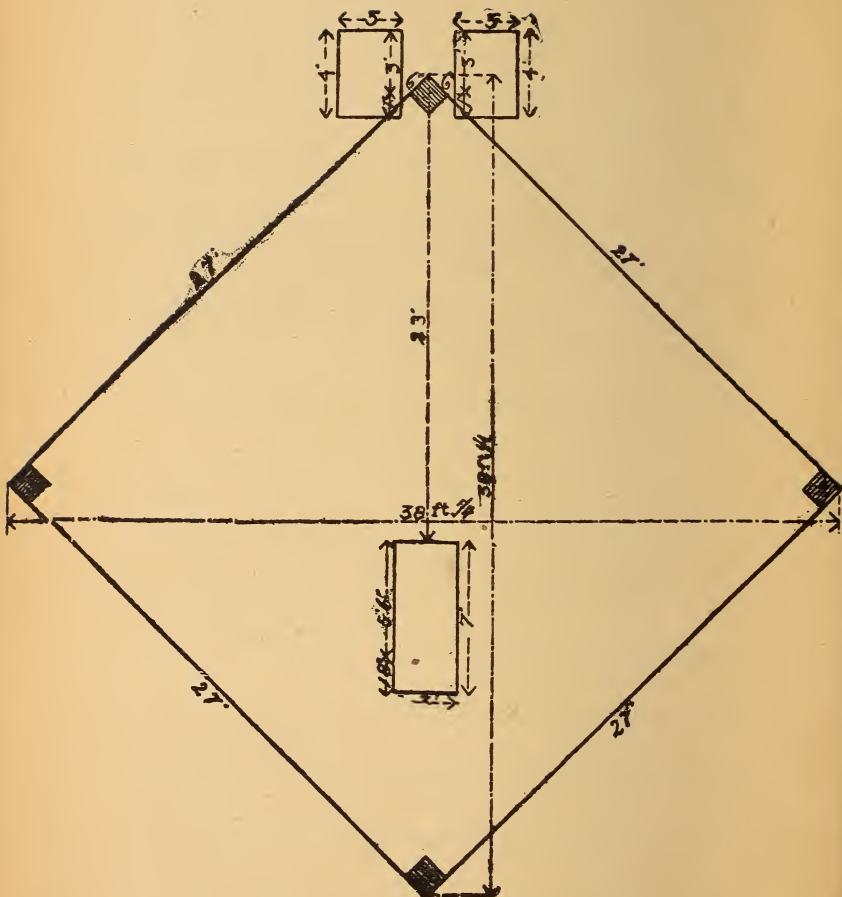
SEC. 13. The number of wild pitches, if any, charged against the pitcher.

SEC. 14. The number of times, if any, the pitcher hits a batsman with a pitched ball, the name or names of the batsman or batsmen so hit to be given.

SEC. 15. The number of passed balls by each catcher.

SEC. 16. The time of the game.

SEC. 17. The name of the umpire or umpires.



Hancock's Indoor Base Ball Rules

AS REVISED AND ADOPTED BY THE
NATIONAL INDOOR BASE BALL ASSOCIATION
OF THE UNITED STATES

RULE I.

The diamond is laid at one end of the hall, leaving room for the catcher, who always plays close behind the batsman. The bases (except the home plate) are $1\frac{1}{2}$ feet square, made of canvas, half filled with sand or other similar substance. The home plate is of rubber and is one foot square. Each side of the diamond is 27 feet long, and a base is placed in each corner and need not be fastened to the floor. The distance from home to second base, and from first to third base, is $38\frac{1}{4}$ feet. The pitcher's box is 7 x 3 feet, the nearest line of said box to be 23 feet from the center of home base. The batsman's box (one to the left and one to the right of the home base) shall be four feet long and three feet wide, extending one foot in front of and three feet behind a center line through the home base, with its nearest side distant six inches from the home base, the outlines to be marked on the floor.

When a game is played in a large armory or other large building the diamond may be laid out with 35 feet base lines, the front line of the pitcher's box to be 30 feet from the center of the home plate. All other dimensions to be the same as when using the 27 feet base lines.

RULE II.

THE FOUL LINE.

The foul lines must be drawn in straight lines from the outer corner of the home base, along the outer edge of the first and third bases to the boundaries of the ground, so that the bases shall come within the diamond.

RULE III.

THE BALL.

The ball must be not less than $16\frac{3}{4}$ nor more than $17\frac{1}{4}$ inches in circumference, made of a yielding substance, not less than 8 nor more than $8\frac{3}{4}$ ounces in weight, and covered with a white skin; should it become ripped or torn during a game, a new one must be substituted. The Spalding Official Indoor League Ball was adopted as the official ball of this Association, and must be stamped with the seal of the Association.

When playing the armory game (that is, on the large diamond with 35-foot base lines) the Spalding No. IX. ball, fourteen (14) inches in circumference, shall be the official ball.

RULE IV.

THE BAT.

The bat must be $2\frac{3}{4}$ feet long and not larger than $1\frac{3}{4}$ inches in diameter in the largest part, and may have a rubber tip on the handle to prevent slipping. It must be made otherwise of wood, except that a metal rod may be passed through the center to give desired weight, but under no circumstances is lead to be used in loading. The handle may be wound with string or tape.

RULE V.

THE PLAYERS.

Seven to nine players must constitute a side. The players' positions shall be such as shall be assigned them by their captain (on fair ground), except that the pitcher must take his position within the pitcher's lines. When in position on the field, all players will be designated as "fielders" in these rules.

RULE VI.

THE PITCHER.

The pitcher shall take his position facing the batter with both feet on the ground wholly within the box and with both feet on the rear line of said box, and when in the act of delivering the

ball shall not take more than one step, but shall not be restricted as to curving the ball, although the arm must be swung parallel with the body.

He shall not make more than one step in the act of delivering the ball. He shall hold the ball before the delivery fairly in front of his body and in sight of the umpire.

When the Armory game is played on a large diamond with 35-foot base lines and 30-foot pitching distance, the pitcher shall take his position as described above, but can heel with one or both feet a line drawn across the box 18 inches from the rear end of said box and shall not take more than one step in the act of delivering the ball. He shall hold the ball before delivery fairly in front of his body and in sight of the umpire.

NOTE.—In the preliminary moves of the pitcher the arm does not have to be swung parallel with the body, but only on the final swing, when delivering the ball.

RULE VII.

THE GAME.

A game shall consist of nine innings to each contesting club except that, if the side first at the bat scores less runs in nine innings than the other has scored in eight innings, the game shall then terminate; or, if the side last at bat in the ninth inning scores the winning run before the third man is out, the game shall terminate.

RULE VIII.

A TIE GAME.

If the score be a tie at the end of the ninth inning to each side, play shall be continued only until the side first at bat shall have scored one or more runs than the other side in an equal number of innings, or until the other side shall score one or more runs than the side first at bat.

RULE IX.

A FORFEITED GAME.

A forfeited game shall be declared by the umpire in favor of the club not in fault, at the request of such club, in the following cases:

(a) If the required number of players to constitute a team fail to appear upon the field, or being upon the field fails to begin the game within one minute after the umpire has called "play" at the hour appointed for the beginning of the game, unless such delay in appearing or in commencing the game be unavoidable.

(b) If, after the game has begun, one side refuses or fails to continue playing, unless such game has been suspended or terminated by the umpire.

RULE X.

SUBSTITUTES.

The base-runner shall not have a substitute run for him except by the consent of the captains of the contesting teams.

RULE XI.

CHOICE OF INNINGS.

The choice of innings shall be decided by flipping a coin.

RULE XII.

GOOD AND BAD BALLS.

A ball legally delivered by the pitcher which passes over any part of the home base not lower than the batsman's knee nor higher than his shoulder is a good ball. Otherwise it is a bad ball. It being assumed that the batter is standing erect while in his position.

RULE XIII.

BALKS.

A motion to deliver the ball by the pitcher without his doing so, or holding the ball so long as to unnecessarily delay the game, constitutes a balk. *Penalty:* One ball to be called.

NOTE.—If the pitcher swings his arm or makes any other motion to deliver the ball without doing so, it constitutes a balk. This applies only when the pitcher is in the pitcher's box.

RULE XIV.

ILLEGAL BALLS.

A BALL DELIVERED BY THE PITCHER WITH ANY PART OF HIS PERSON OUT OF THE BOX, OR IF THE PITCHER FAILS TO HEEL THE BACK

LINE OF THE PITCHER'S BOX WITH BOTH FEET PRIOR TO PITCHING THE BALL, OR IF HE TAKES MORE THAN ONE STEP IN THE ACT OF DELIVERY.

WHEN THE GAME IS PLAYED UNDER ARMORY RULE, AN ILLEGAL PITCH SHALL BE DECLARED IF THE PITCHER DOES NOT HEEL THE 18-INCH LINE. AN ILLEGAL PITCH ENTITLES ANY BASE-RUNNER OR BATSMAN TO A BASE.

RULE XV.

DEAD BALLS.

Any pitched ball striking the batter is a dead ball, but does not entitle him to a base. If a batter intentionally gets in the way or interferes with any legally delivered ball a strike shall be called. If it should be the third strike the batter is out, and no base can be run on that ball.

RULE XVI.

NOT IN PLAY.

In case of an illegal hit, foul hit ball not legally caught out, dead ball, or base-runner put out for being struck by a fair hit ball, the ball shall not be considered in play until it is held by the pitcher standing in his box.

NOTE.—Any player other than the pitcher receiving the ball and standing in the pitcher's position cannot put the ball in play.

RULE XVII.

BLOCK BALLS.

A block ball is a batted or thrown ball that is stopped or handled by any person not engaged in the game.

(a) Whenever a block occurs, base-runners may run the bases without being put out, until the ball has been returned to and held by the pitcher standing in his box.

(b) In the case of a block, if a person not engaged in the game should retain possession of the ball, or throw or kick it beyond the reach of the fielders, the umpire shall call "time," and require each base-runner to stop at the last base touched by him until the ball be returned to the pitcher standing in his box.

(c) Special ground rules may be made allowing a certain number of bases on a fair hit into the crowd (or a thrown ball), in which case the above sections are void.

RULE XVIII.

THE SCORING OF RUNS.

One run shall be scored every time a base-runner, after having legally touched the first three bases, shall touch the home base before three men are put out. If the third man is forced out, or is put out before reaching first base, a run shall not be scored.

RULE XIX.

FAIR AND FOUL BALLS.

(a) A batted ball which strikes inside or on the foul line is fair, the first point of contact with the floor, object or fielder deciding, regardless of where it afterward rolls.

(b) A batted ball first striking outside the foul line shall be foul.

RULE XX.

STRIKES.

(a) A strike is a ball struck at by the batsman without touching his bat.

(b) A foul tip caught.

NOTE.—A foul tip is a ball hit that does not go higher than the batsman's head.

(c) A good ball legally delivered by the pitcher and not struck at by the batsman.

(d) A good ball legally delivered by the pitcher and intentionally interfered with by the batsman.

(e) A strike shall be called on the first foul batted ball, provided, however, that no strikes have been called on the batsman as covered by Sections (a), (b), (c) and (d) above.

NOTE.—Referring to Section (e) of this rule, the umpires must ascertain from the captains of both teams before the start of the game, if Section (e) is to be enforced. If this is not done, then Section (e) automatically becomes effective.

A ball rolling foul after one strike has been called on the batsman does not constitute a strike.

RULE XXI.

ILLEGAL HITS.

An illegal hit is a fair hit ball batted by the batsman when any part of his person is outside the lines of the batter's box.

NOTE.—The batsman must, when the pitcher starts his delivery, remain within the confines of the batter's box under penalty of being called out under this rule, for he violates same by making a fair hit when any part of his person is outside of the lines of the batter's box.

NOTE.—This rule is corrected to avoid confusion inasmuch as heretofore it was headed "Foul Strikes."

RULE XXII.

THE BATSMAN IS OUT.

(a) The batsman is out if he bats out of his turn and makes a fair hit or reaches first base before the error is discovered. This rule shall not be enforced unless the "out" be declared before the ball has been delivered by the pitcher to the succeeding batsman.

(b) If he fails to take his position within one minute after the umpire has called for the batsman.

(c) If he makes a foul hit and the ball be held by a fielder before touching the ground or any wall or fixture.

(d) If he makes an illegal hit, as provided in Rule XXI.

(e) If he attempts to hinder the catcher from fielding the ball, or fouls the ball intentionally, evidently without effort to make a fair hit.

NOTE.—If the batter interferes with the catcher fielding his position, the base-runners cannot advance on the play.

(f) If, while first base be occupied by the base-runner, he has three strikes, except when two men are already out.

(g) As per Rule XV.

(h) If the batsman is hit by the ball on the third strike he shall be declared out.

NOTE.—If, after the batsman has two strikes, he fouls the ball, and the ball hits him before it hits the floor, wall or any fixture, he shall be called out.

RULE XXIII.

BASE RUNNING.

The batsman becomes a base-runner—

(a) Instantly after he makes a fair hit.

(b) Instantly after three balls have been called by the umpire.

(c) Instantly after three strikes.

(d) Instantly after the umpire declares an illegal delivery of a ball by the pitcher.

NOTE.—When agreement is made by the captains of both teams in the presence of the umpires, Section (b) of this rule can be amended to read:

"Instantly after four balls have been called by the batter. If agreement is not made, then Section (b), as written, automatically becomes effective."

RULE XXIV.

BASES TO BE TOUCHED.

The base-runner must touch each base in regular order, viz., First, second, third and home base; but when obliged to return may go directly to the base which he legally holds.

RULE XXV.

ENTITLED TO BASES.

The base-runner shall be entitled, without being put out, to take one base in the following cases:

(a) If, while he was batsman, the umpire called three balls.

(b) If the umpire awards a succeeding batsman a base on three or four balls or in case of an illegal delivery and the base-runner is thereby forced to vacate the base held by him

(c) If the umpire calls a "balk" or "illegal pitch."

NOTE.—Batsman is entitled to first base on an illegal pitch but not on a balk.

(d) If a ball delivered by the pitcher pass the catcher or is fumbled, only one base may be taken, provided the runner makes it, unless it is a third strike or fourth ball, when the runner is entitled to all he can get.

(e) If the pitcher does not give him time to return to his base.

(f) If, upon a fair hit, the ball strikes the person or clothing of the umpire on fair ground.

(g) If he be prevented from making a base by the obstruction of an adversary, unless such adversary has the ball in his possession.

(h) If, when he was batsman, the pitcher delivered an "illegal ball."

(i) On a fair or foul fly ball caught the base-runner can advance, provided he does not leave his base until after the ball is caught.

[This does not exempt the runner from being put out.]

(j) If the person or clothing of the umpire is struck by a ball thrown by the catcher to intercept a base-runner.

RULE XXVI.

WHEN TO START.

(a) A base-runner must not leave his base when the pitcher holds the ball standing in his box (except to moisten the soles of his shoes by permission of the umpire).

(b) A base-runner must not leave his base on a pitched ball not struck, until after it has reached or passed the catcher, on penalty of being called back.

(c) A base-runner must be on his base when the pitcher is ready to deliver the ball to the batsman.

(d) When the Armory game is played on a large diamond with 35 feet base lines, the base-runner must not leave his base on a pitched ball until after it has left the pitcher's hands, on penalty of being sent back.

[Starting too soon does not exempt a base-runner from being put out on that particular play. The umpire must not make a decision in regard to a premature start until the base-runner has reached the next base or is put out.]

RULE XXVII.

RETURNING TO BASES.

The base-runner shall return to his base, and shall be entitled to so return without being put out—

(a) If the umpire declares a foul hit which is not legally caught by a fielder.

(b) If the umpire declares an illegal hit.

(c) If the umpire declares a dead ball.

(d) If he is called back by the umpire for starting too soon.

RULE XXVIII.

A BASE-RUNNER IS OUT.

(a) If, having made a fair hit, while batsman, such fair hit ball be held by a fielder before touching the ground, wall or any fixture.

(b) If he intentionally kicks or interferes with a ball he has just batted.

[If a ball he has just batted rebounds and hits him he shall not be declared out on that account.]

(c) If the third strike be caught before touching the ground or any object.

(d) If, after three strikes or a fair hit, he be touched with the ball in the hands of a fielder before such base-runner touches first base.

(e) If, after three strikes or a fair hit, the ball be securely held by a fielder while touching first base with any part of his person, before such base-runner touches first base.

(f) If, in running from first to second base, from second to third base, or from third to home base, he runs more than three feet from a direct line between such bases to avoid being touched by a ball in the hands of a fielder; but in case a fielder be occupying a base-runner's proper path, attempting to field a batted ball, then the base-runner shall run out of the path and shall not be declared out for so doing.

(g) If he fails to avoid a fielder attempting to field a batted ball, or if he in any way obstructs a fielder attempting to field a batted ball, or intentionally interferes with a thrown ball.

(h) If, at any time, while the ball is in play, he be touched by the ball in the hands of a fielder, unless some part of his person is touching a base he is entitled to occupy; provided, the ball be held by the fielder after touching him; but—exception as to first base—in running to first base, he may overrun said base without being put out for being off said base, after first touching it, provided he returns at once and retouches the base, after which he may be put out as at any other base. If, in overrunning

first base, he also attempt to run to second base, he shall forfeit such exemption from being put out.

(i) If, when a fair or foul fly is legally caught, such ball is legally held by a fielder on the base occupied by the base-runner when such ball was struck, or the base-runner be touched with the ball in the hands of a fielder, before he retouches said base after such fair or foul hit ball was so caught.

(j) If a fair hit ball strikes him before touching a fielder, wall, fixture or ceiling, except when a runner is holding a base he is legally entitled to, and in such case no base shall be run unless forced by the batsman becoming a base-runner, and no run shall be scored.

(k) If, when running to a base, he fail to touch the intervening base or bases in regular order, he may be put out at the base he fails to touch by a fielder holding the ball on said base, in the same manner as in running to first base.

NOTE.—If when a batsman hits a fly ball, whether fair or foul, and in running to first base the ball hits him before touching the wall, floor, fixture or fielder, he shall be declared out, and no base-runner will be allowed to advance on this play.

RULE XXIX.

TURN EITHER WAY.

In returning to first base, after overrunning, the baseman may turn either way.

RULE XXX.

SAFELY ON A BASE.

A base-runner is safely on a base if he slides with the bag and clings to it; or, if any part of his person is touching the spot where the bag should be; or, he is safe if he has touched the same base or where the base should be.

[If, in sliding with the bag at any base, he should stop, he must then return with the bag to the proper spot before starting for another base, the same as in overrunning first base.]

RULE XXXI.

COACHING RULES.

(a) The coaches are restricted in coaching to base-runners only, and are not allowed to address any remarks except to base-runners, and then only in words of necessary direction.

(b) No coacher will be allowed up when the bases are unoccupied, and only one coacher when one base is occupied, and no more than two coaches when two or more bases are occupied.

(c) A line shall be drawn four feet from first and third base towards the home base and four feet out from the base line which shall be known as the coaches' box. The coaches must stand back of this line, and will not be allowed to take a position anywhere other than the coaches' box, as defined above.

RULE XXXII.

SUITABLE SHOES.

Only shoes with rubber soles or other soft material shall be used, and in all league games teams must be fully uniformed.

RULE XXXIII.

PITCHER MUST WAIT.

When a base-runner is legally entitled to return to a base, the pitcher must wait a reasonable time for him to reach the base, on penalty of giving the base-runner another base for violation.

RULE XXXIV.

UMPIRES.

(a) The umpires are masters of the field from the commencement to the termination of the game, and are entitled to the respect of the spectators, and any person offering any insult or injury to either of them must be promptly ejected from the room by those in charge.

(b) The umpires must ascertain from the captains of both clubs whether or not there are any special ground rules to be enforced, and if there are, it is their duty to see that these special rules are strictly enforced.

The umpires must also ascertain from both captains if Section (e) of Rule XX and Section (b) of Rule XXIII are to be enforced.

NOTE.—It is of the utmost importance that all umpires observe this rule, for the reason that whether or not this information is secured from both captains, nevertheless the rules are effective, but it will obviate arguments if the umpires will strictly observe all the rules concerning their duties.

(c) The umpires must compel the players to observe the provisions of the playing rules, and are hereby invested with the authority to order any player to do, or omit, any act as they may deem necessary to give force and effect to any and all of such provisions.

(d) There shall be two umpires, who shall take suitable positions on the field for the observation of the plays that they are to judge.

(e) No. 1 shall decide on and call all balls, strikes, blocks, dead balls, balks, illegal deliveries, fair and foul balls, ground hits, illegal hits, all questions arising at home plate, and shall call play and time and take a position behind the catcher.

(f) No. 2 shall judge all base plays excepting those at home plate, and shall take a position about ten feet back of the base line, midway between home and first, or home and third bases, or where he can get the best view of the play. No. 2 is also to observe the pitcher's delivery so as to be able to properly notify No. 1 if requested of him, on the question of the pitcher properly heeling the back line, as provided in the rules. He should also observe whether or not the foul tips are properly caught—that is, before touching the floor, so as to assist No. 1 if requested of him.

(g) The umpires shall be sole judges of the play, and discussion will only be allowed on correct interpretation of the rules and not on any optional decision. All such discussions are restricted to the two captains.

(h) The two umpires shall change positions at the end of every full inning.

(i) In case an umpire for some reason cannot decide a play, he shall refer to his colleague.

(j) The umpires must keep the contesting nines playing constantly from the commencement of the game to its termination, allowing such delays only as are rendered unavoidable by accident or injury. The umpires must, until the completion of the game, require the players of each side to promptly take their positions in the field as soon as the third man is put out, and

must require the first batter of the opposite side to be in his position at the bat as soon as the fielders are in their places.

HOW TO UMPIRE—A new book in the Spalding Athletic Library series by Billy Evans of the American League staff, although written for the outdoor game contains many suggestions that will be of use to the indoor official, in addition to interpretations of the playing rules for the outdoor games. As invaluable to the player and spectator as to the umpire. Postpaid, 25 cents.

RULE XXXV.

CALLING "PLAY" AND "TIME."

(a) The umpire designated as No. 1 must call "play" promptly at the hour designated by the home club, and on the call of "play" the game must immediately begin. When he calls "time," play must be suspended until he calls "play" again, and during the interim no player shall be put out, base be run or run be scored. The umpire shall suspend play only for an accident to himself or a player (but in case of accident to a fielder "time" shall not be called until the ball be returned to and held by the pitcher standing in his box).

(b) "Time" must not be called for trivial causes. The practice of players suspending the game to discuss or contest a decision with either umpire is a gross violation of the rules and the umpire must not allow it.

(c) If a player wilfully disobeys the cautions of the umpires in regard to violations of the rules he may, at the discretion of the umpires, be ordered out of the game and his place be filled, if such decision reduce the side to less than eight players.

RULE XXXVI.

SCORING.

In order to promote uniformity in scoring, the following suggestions and definitions are made for the benefit of scorers, and they are required to make all scores in accordance therewith.

SECTION I. The first item in the tabulated score, after the player's name and position, shall be the number of times he has been at bat during the game.

No time at bat shall be scored if the batsman be given first base on battery errors, which are four called balls, dropped or missed third strike, passed balls, wild pitch, or illegal delivery.

SEC. 2. In the second column shall be set down the number of hits made by each player.

A hit should be scored in the following cases:

When the ball from the bat strikes the ground within the foul lines and out of reach of the fielders.

When a hit ball is partially or wholly stopped by a fielder in motion, but such player cannot recover himself in time to handle the ball before the striker reaches first base.

When a ball is hit with such force to a fielder that he cannot handle it in time to put out the batsman.

When a ball is hit so slowly toward a fielder that he cannot handle it in time to put out the batsman.

That in all cases where a base-runner is retired by being hit by a batted ball, the batsman should be credited with a hit.

SEC. 3. In the third column should be set down the number of runs made by each player during the game.

SEC. 4. In the fourth column shall be set down the number of opponents put out by each player. When a batsman is called out for a foul strike, or when he fails to bat in the proper order, the put-out shall be scored to the catcher. In all cases of out for interference or running out of line, the put-out shall be credited to the player who would have made the play but for the action of the base-runner or batsman.

SEC. 5. The number of times the player assists shall be set down in the fifth column. An assist shall be given to each player who handles the ball in assisting a put-out or other play of the kind. An assist should be given to the player who makes a play in time to put a runner out, even if the player who could complete the play fails through no fault of the player assisting.

SEC. 6. An error should be given in the sixth column for each misplay which allows the batsman or base-runner to make one or more bases when perfect play would have insured his being put out, except that "wild pitches," "bases on balls," or illegal pitched balls, balks or passed balls, all of which comprise battery errors, shall not be included in this column.

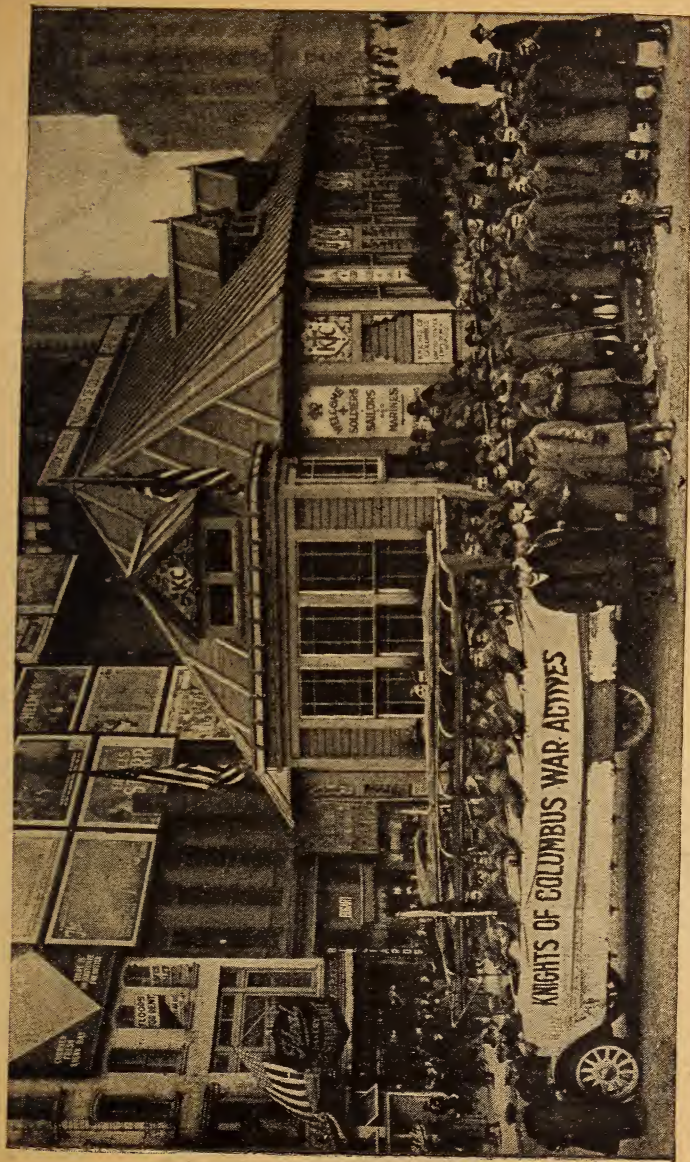
An error shall not be scored against the catcher for a wild throw to prevent a stolen base, unless the base-runner advances an extra base because of the error.

No error shall be scored against a fielder who attempts to complete a double play, unless the throw is so wild that an additional base is gained.

RULE XXXVII.

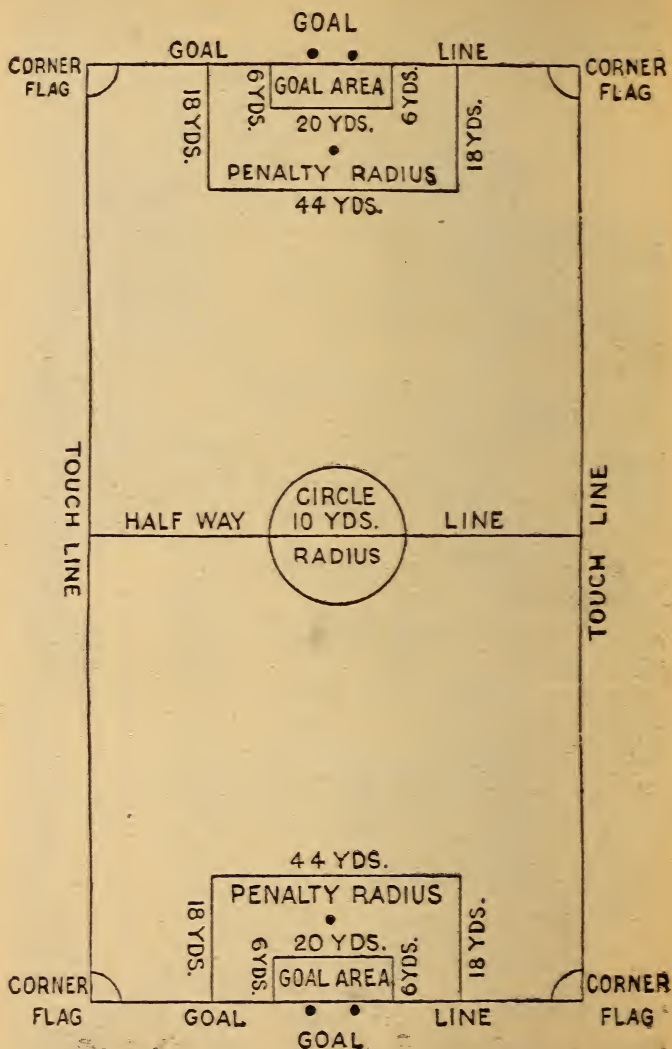
SUMMARY.

- SECTION I. The score made in each inning of the game.
- SEC. 2. The number of two-base hits made by each player.
- SEC. 3. The number of three-base hits made by each player.
- SEC. 4. The number of home runs made by each player.
- SEC. 5. The number of hits made off each pitcher.
- SEC. 6. The number of times the pitcher strikes out the opposing batsmen.
- SEC. 7. The number of times the pitcher gives bases on balls.
- SEC. 8. The number of wild pitches charged to the pitcher.
- SEC. 9. The number of passed balls by each catcher.
- SEC. 10. The time of the game.
- SEC. 11. The names of the umpires.



KNIGHTS OF COLUMBUS HUT IN LONGACRE SQUARE, NEW YORK.

New York Times. Photo.



PLAN OF FIELD OF PLAY.
Referred to in Law 1 of the game.

Laws of Soccer

LAW I.

The game should be played by Eleven players on each side. **Number of Players.**

The field of play shall be as shown in the plan on page 112, subject to the following provisions: The dimensions of the field of play shall be—maximum length, 130 yards; minimum length, 100 yards; maximum breadth, 100 yards; minimum breadth, 50 yards. **Dimensions of Field of Play.**

Instructions to Referees.—Refuse to sanction play if danger is likely to accrue to players from the state of the ground. As to the weather, use your own judgment, but do not needlessly spoil sport.

Instructions to Secretaries.—The size 115 yards by 75 yards is the most general.

The field of play shall be marked by boundary lines. The lines at each end are the goal-lines, and the lines at the sides are the touch-lines. The touch-lines shall be drawn at right angles with the goal-lines. A flag with a staff not less than 5 feet high shall be placed at each corner. A half-way line shall be marked out across the field of play. The center of the field of play shall be indicated by a suitable mark, and a circle with a 10 yards radius shall be made around it. **Marking out Ground.**

Official Decisions.—Flag-staffs with pointed tops must not be used.

The touch and goal-lines must not be marked by a V-shaped rut.

(International Board, June 16, 1902.)

Instructions to Referees.—Short flag-staffs are dangerous, hence the minimum height of 5 feet.

The Referee must not allow a corner flag-staff to be removed even for the convenience of the player taking a corner-kick.

Instructions to Secretaries.—The goal-line must be marked out from corner to corner, including the goal.

A half-way line is necessary on all grounds.

See that the one yard area within which the corner kick must be taken is marked out,

The Goals. The goals shall be upright posts fixed on the goal-lines, equi-distant from the corner flag staffs, 8 yards apart, with a bar across them 8 feet from the ground. The maximum width of the goal-posts and the maximum depth of the cross-bar shall be 5 inches.

Instructions to Referees.—The Referee must caution any player wilfully displacing flags or goal-posts, or pulling down the bar, and if repeated he should order the offender off the field of play.

Instructions to Secretaries.—The surface of the bars or posts facing the field of play or otherwise must not be more than five inches in width. Tape or any substance not of a rigid nature, must not be used in the place of a bar. Goal nets are strongly recommended.

Have the goal-posts and bars painted white so as to be distinctly seen. Provide light colored corner flags. See that the goal nets are properly pegged down and in order before every match, and that there are no holes or possible openings for the escape of the ball.

Instructions to Players.—Goal-keepers to save a shot or to get hold of the ball sometimes seize the bar and pull it down. Any player wilfully displacing a flag or goal-post, or bar, is guilty of misconduct.

The Goal Area. Lines shall be marked 6 yards from each goal-post at right angles to the goal-lines for a distance of 6 yards, and these shall be connected with each other by a line parallel to the goal-lines; the space within these lines shall be the goal area. Lines shall

The Penalty Area. be marked 18 yards from each goal-post at right angles to the goal-lines for a distance of 18 yards, and these shall be connected with each other by a line parallel to the goal-lines; the space within these lines shall be the penalty area. A suitable mark shall be made opposite the center of each goal, 12 yards from the goal-line; this shall be the penalty kick mark.

The Ball. The circumference of the ball shall be not less than 27 inches, nor more than 28 inches. The outer casing of the ball must be of leather, and no material shall be used in the construction of the ball which would constitute a danger to the players.

Instructions to Secretaries.—The ball should be supplied by the home club.

See that the ball is fully inflated, and that there are reserve balls close at hand.

The Spalding Olympic Foot Ball is the Official Foot Ball; correct in weight and measurement, and should be used in all games.

In International matches, the dimensions of the field of play shall be—maximum length, 120 yards; minimum length, 110 yards; maximum breadth, 80 yards; minimum breadth, 70 yards; and at the commencement of the game the weight of the ball shall be from 13 to 15 ounces.

Dimensions of Field of Play and Weight of Ball in International Matches.

Instructions to Referees.—Refers to International Contests only.

LAW II.

The duration of the game shall be 90 minutes, unless otherwise mutually agreed upon.

Duration of Game.

Instructions to Referees.—The Referee must allow for time wasted, or lost, through accident or other cause, and it is desirable that the two captains should be informed when such allowance is made.

Unless a Referee is notified to the contrary by the two captains he must under ordinary circumstances continue the game for 90 minutes.

There is no power to set aside the Rules of Cup and other Competitions where the time to be played is specified.

Instructions to Players.—If you wish to play short time the Referee must be notified. This may only be done by the mutual agreement of both captains.

The winners of the toss shall have the option of kick-off or choice of goals.

Choice of Goals.

Instructions to Referees.—Note which side kicked off. (See Instructions to Referees on Law 13.)

The game shall be commenced by a place-kick from the center of the field of play in the direction of the opponents' goal-line; the opponents shall not approach within 10 yards of the ball until it is kicked off, nor shall any player on either side pass the center of the ground in the direction of his opponents' goal until the ball is kicked off.

The Kick-Off.

Official Decisions.—A PLACE-KICK is a kick at the ball while it is on the ground in the center of the field of play.

If this Law is not complied with the kick-off must be taken over again.

(International Board, June 15, 1903.)

Instructions to Referees.—Referees should notice that a free kick must not be awarded for any breach of this Law. It is their duty to see the kick-off properly taken in the direction of the oppo-

site goal; also that back kicking and encroaching must not be allowed.

Any player wilfully encroaching should first be cautioned, and, on a repetition, be ordered off the field of play. After the ball has been properly kicked off, the second and other players may play it in any direction.

If in the opinion of the Referee the ball has not rolled completely over, or traveled the distance of its circumference, *i. e.*, about 27 inches, he must order it back again to be kicked off properly.

The Referee must not allow anyone to kick-off unless he is a player competing in the match. This order does not apply to Charity matches.

Instructions to Secretaries.—The practice of getting an outside person to kick-off in a match is forbidden, except in Charity matches.

Instructions to Players.—Many players, when the whistle sounds for the start, run inside the 10 yards' circle. This is wrong, as the game commences with the kick-off, not with the Referee's signal.

LAW III.

Ends to be
Changed at
Half-Time.
The Interval.
Restarting
Game.

Ends shall only be changed at half-time. The interval at half-time shall not exceed five minutes, except by consent of the Referee. After a goal is scored the losing side shall kick off, and after the change of ends at half-time the ball shall be kicked off by the opposite side from that which originally did so; and always as provided in Law 2.

Instructions to Referees.—The Referee is distinctly authorized to prevent deliberate waste of time. (See Law 13.)

He should use every endeavor to limit the half-time interval to 5 minutes, and not allow his consent to its extension to be assumed as a matter of course.

Instructions to Players.—In competitions where after a drawn game an extra half-hour is necessary, the Captains must toss again for choice of ends, and play must be a quarter of an hour each way.

LAW IV.

How a Goal
is Scored.

Except as otherwise provided by these Laws, a goal shall be scored when the ball has passed between the goal-posts under the bar, not being thrown, knocked on, nor carried by any player of the attacking side.

Official Decisions.—The whole of the ball must have passed over the goal-line, or touch-line, before it is out of play.

KNOCKING ON and carrying are both forms of handling the ball.

Instructions to Referees.—The words "not being thrown" cover a throw-in from touch, so that if a player throws the ball in from touch through the opponents' goal it would be a goal-kick for the defending side and not a goal.

It is possible for the ball to roll all along the goal-line, and for the greater part of it to be over the line, and yet not pass through the goal. The goal-keeper may be behind the goal-line and yet prevent a goal.

A Referee must under no circumstances allow a goal unless he is absolutely satisfied that it is a goal.

In catching the ball or fisting out, a goal-keeper sometimes allows the ball to pass into goal in mid air, and the Referee may consider that the whole of the ball crosses the line. If so and he is in a good position to judge, he must give a goal.

It is difficult to tell unless one is close up, hence the necessity for the Referee following the ball closely up and down the ground and trying to get a side view whenever he thinks a shot is about to be put in, or there is a scrimmage in front of the goal.

Instructions to Secretaries.—The necessity for the goal-line between the posts being clearly marked is emphasized by the requirements of this Law.

If from any cause during the progress of the game the bar is displaced, the Referee shall have power to award a goal if in his opinion the ball would have passed under the bar if it had not been displaced.

If Bar
Displaced.

Instructions to Secretaries.—It is important that secretaries should see that the bars are securely fixed to the posts.

The ball is in play if it rebounds from a goal-post, cross-bar, or a corner flag staff into the field of play. The ball is in play if it touches the Referee or a Linesman when in the field of play.

If Ball
Rebounds from
Goal-posts, etc.

Instructions to Referees.—The ball touching the Referee or a Linesman when he is in the field of play is still in play, though it might otherwise have gone into touch or over the goal-line.

Linesmen should follow the game close to the touch-line and keep out of the field of play as much as possible.

The ball is out of play when it has crossed the goal-line or touch-line, either on the ground or in the air.

Ball Crossing
Lines, Out of
Play.

Instructions to Referees.—The ball going into

touch in mid air and afterwards alighting in the field of play is out of play.

Instructions to Players.—The ball may roll along the touch-line or goal-line and still be in play. The whole of the ball must have passed over and be clear of the touch-line or goal-line before it is out of play.

LAW V.

The Throw-in

When the ball is in touch, a player of the opposite side to that which played it out shall throw it in from the point on the touch-line where it left the field of play. The player throwing the ball must stand on the touch-line facing the field of play, and shall throw the ball in over his head with both hands in any direction, and it shall be in play when thrown in. A goal shall not be scored from a throw-in, and the thrower shall not again play until the ball has been played by another player.

This law is complied with if the player has any part of both feet on the line when he throws the ball in.

Official Decision.—Touch is that part of the ground on either side of the field of play.

Instructions to Referees.—The Linesman should point with his flag to the place where the ball went into touch and stand a little behind the thrower to watch the throw-in. If the player does not throw the ball in properly, the Referee must give a free kick. An improper throw would be one delivered over the shoulder, or with one hand giving the impetus and the other merely guiding the ball, or if the thrower had not some part of both feet on the touch line at the moment of throwing, or if the thrower merely dropped the ball and did not throw it. A player throwing-in the ball must face the field of play.

Instructions to Secretaries.—Provide light-colored flags for Linesmen.

Instructions to Players.—The practice of claiming for the throw-in when the ball goes into touch is far too prevalent and is unnecessary.

LET THE LINESMAN GIVE HIS DECISION. All the claiming in the world will not alter it, unless the Referee shall see fit to interfere.

LAW VI.

Off-side. When a player plays the ball, or throws it in from touch, any player of the same side who at such moment of playing or throwing-in is nearer to his

opponents' goal-line is out of play, and may not touch the ball himself, nor in any way whatever interfere with an opponent, or with the play, until the ball has been again played, unless there are at such moment of playing or throwing-in at least three of his opponents nearer their own goal-line. A player is not out of play when the ball is kicked off from goal, when a corner-kick is taken, when the ball has been last played by an opponent, or when he himself is within his own half of the field of play at the moment the ball is played or thrown in from touch by any player of the same side.

Official Decisions.—If a player deliberately trips an opponent who is standing in an off-side position within the penalty area, and who does not attempt to play the ball or obstruct, a penalty kick should be awarded.

A flag may be placed opposite the half-way line on each side of the field of play, but it must be at least one yard from the touch-line, and must have a staff not less than 5 feet high.

Instructions to Referees.—A player who is in his own half of the field of play at the moment the ball is last played cannot be off-side.

The point to notice is not where a player is when he plays the ball, but where he is at the moment it is played by a player of the same side. In the rush of a game a Referee is apt to lose sight of the positions of the field at every kick, yet he ought to educate himself to intuitively fix each change on his mind. If a player is in line with or behind the ball when it is played he cannot possibly be off-side, but if he is in front of it he is liable to be so. Though a player cannot be off-side when an opponent last plays the ball, or when a corner-kick, or a goal-kick, is taken, this protection ceases the moment a second player plays the ball, so that a player not off-side when a corner-kick is taken, may, without having moved, be off-side as soon as the ball has been played. A player following up another of his own side who has the ball cannot be off-side. Players may be off-side when a free kick or penalty kick is taken, and when the ball is thrown in from touch. An opponent playing the ball puts a player on-side at once, but while standing off-side a player must not interfere in any way with an opponent or with the play. If a player is standing off-side, he is off-side until the ball is next played, even though sufficient opponents fall back to make three between him and their goal line.

The International Board have made it plain that a player, who is in an off-side position, is bound to keep out of the way of the play, and that he is liable to be penalized if in any manner his presence causes any interference with the play.

When the ball is kicked off from either goal no player is off-side.

The provision of flags opposite the half-way line is optional. The object is to assist the Referee and Linesman to determine the position of the half-way line when they are at a distance or when the line has become indistinct.

Instructions to Players.—A player who is in his own half of the field of play at the moment the ball is last played cannot be off-side.

A player once off-side cannot put himself on-side. This can only be done for him in three ways:—(1) If an opponent next plays the ball; (2) If he is behind the ball when it is next played by one of his own side; (3) If he has three opponents between him and their goal line when the ball is played by one of his own side further from his opponents' goal than himself.

The ball hitting the goal-post or bar and rebounding does not put a player on-side who was "off-side" when the ball was last played.

Take care that when the ball is played by one of your own side you have three opponents between you and their goal-line or that you are in a line with or behind the ball. Can anything be simpler? If your opponent plays the ball, or the ball touches him in any way, you are on-side no matter where you stand, but when standing off-side you have no right to interfere with an opponent nor to station yourself so near the goal-keeper, or any other opponent, as to hamper his movements, or obstruct his sight of the ball. When a player finds he is in an off-side position it is his duty to keep clear of the play and neither interfere with nor inconvenience an opponent, nor make a pretense of doing so.

LAW VII.

Goal-Kick. When the ball is played behind the goal-line by a player of the opposite side, it shall be kicked off by any one of the players behind whose goal-line it went, within that half of the goal area nearest the

Corner-Kick. point where the ball left the field of play; but, if played behind by any one of the side whose goal-line it is, a player of the opposite side shall kick it from within one yard of the nearest corner flag-staff. In either case an opponent shall not be allowed within ten yards of the ball until it is kicked off.

Official Decision.—The corner flag-staff must not be removed when a corner-kick is taken.

Instructions to Referees.—It is the duty of the Referee to see that goal-kicks are properly taken within that half of the goal area nearest the point where the ball went out.

It is the duty of the Referee to see that corner-kicks are properly taken, and on the side on which the ball goes out.

If the player takes a corner-kick, and the ball rebounds to him after striking the goal-post, he must not play it again until it has been played by another player. Do not allow a goal-kick or corner-kick to be taken while any opponent is within 10 yards of the ball.

Instructions to Secretaries.—See that the corner-kick one yard area is marked.

Instructions to Players.—Opponents should remember that they must not stand within 10 yards of the ball. To do so is the cause of constant annoyance and is not playing the game fairly.

LAW VIII.

The goal-keeper may within his own penalty area, use his hands, but shall not carry the ball. **Goal-keeper Handling.**

Official Decision.—CARRYING by the goal-keeper is taking more than two steps while holding the ball, or bouncing it on the hand.

Instructions to Referees.—The goal-keeper must not "walk about" bouncing the ball on the hand. After the second step he must be penalized.

The goal-keeper must not handle the ball outside his own penalty area.

For "carrying" the ball the penalty is a free kick and not a penalty kick.

The goal-keeper shall not be charged except when he is holding the ball or obstructing an opponent, or when he has passed outside the goal area. **Charging Goal-keeper.**

Instructions to Referees.—If the goal-keeper obstructs an opponent he may be charged even when in his goal area. See that the goal-keeper is not unfairly charged, as he has so little chance of protecting himself when his attention is engaged with a coming shot.

Special notice should be taken of the fact that a goal-keeper may be charged when he is outside the goal area.

Instructions to Players.—The goal-keeper should bear in mind that directly he leaves his goal area he is liable to be charged by an opponent.

So long as a goal-keeper does not stick to the ball, or obstruct an opponent, he is protected under the Laws when within his goal area. Get rid of the ball at once is naturally the best advice that can be given him.

The goal-keeper may be changed during the game, but notice of such change must first be given to the Referee. **Goal-keeper may be Changed.**

Official Decision.—If a goal-keeper has been changed without the Referee being notified, and the new goal-keeper handles the ball within the penalty area, a penalty kick must be awarded. See Law 17.

(International Board, June 17, 1901.)

Instructions to Referees.—Note who commences a game as goal-keeper, and allow no one else to act as goal-keeper, or to claim his privileges, until you have been notified of the change of goal-keeper.

Instructions to Players.—If the goal-keeper who commences the game in that position should be changed during the game the Referee should at once be notified of the fact, and also of any subsequent changes.

LAW IX.

Tripping,
Kicking,
Striking,
Jumping at.

Neither tripping, kicking, striking, nor jumping at a player shall be allowed.

Official Decisions.—TRIPPING is intentionally throwing, or attempting to throw, an opponent by the use of the legs, or by stooping in front of or behind him.

The Laws should be more vigorously enforced by Referees in order to prevent improper conduct, and players who are guilty of it escaping punishment.

Instructions to Referees.—This is an important Law, as by enforcing it and taking the initiative where he sees necessary, a Referee can prevent rough play developing. He can stop the game at any time and give a free kick, or caution, or both, against any player whose conduct or play is dangerous or likely to cause injury. The free kick must be taken from the place where the infringement occurred.

Jumping at an opponent must of necessity be intentional, and this differs from jumping to play the ball.

Instructions to Secretaries.—Bring before the notice of your committee any conduct on the part of a member of your club which is likely to bring the game into disrepute. If persisted in a club ought not to allow any such offender to continue to belong to it, for not only may such conduct bring punishment on the player, but it gives the club a bad name and may lead to a more serious trouble. Use all means in your power to stop the practice of players using bad language, or addressing observations to, or at, the Referee on or off the field.

“Hands.” A player (the goal-keeper, *within his own penalty area*, excepted) shall not intentionally handle the ball.

Official Decisions.—HANDLING is intentionally playing the ball with the hand or arm.

KNOCKING ON is when a player strikes or propels the ball with his hands or arms.

Cases of handling the ball and tripping, pushing, kicking, or holding an opponent, and charging an opponent from behind, may so happen as to be considered unintentional, and when this is so, no offense is committed.

(International Board, June 8, 1912.)

Instructions to Referees.—Note the important fact that it is the intentional breach of Law which must be punished. This must be done promptly and strictly.

Instructions to Players.—Let the Referee give "hands" on his own initiative.

A player shall not use his hands to hold or push an opponent. **Holding.
Pushing.**

Official Decision.—HOLDING includes the obstruction of a player by the hand or any part of the arm extended from the body.

Instructions to Referees.—Under no circumstances whatever must a player push an opponent with his hands or arms. Using the knee against an opponent is a most dangerous practice and should be severely punished.

Instructions to Players.—Under no circumstances whatever must you push an opponent with your hands or arms, or use the elbow or knee against him.

Charging is permissible, but it must not be violent or dangerous. **Charging.**

Instructions to Referees.—Charging must not be penalized unless it is violent or dangerous.

Instructions to Players.—Let charging be of the good honest type and not degenerate into rough play.

A player shall not be charged from behind unless he is intentionally obstructing an opponent. **Charging
Behind.**

Official Decisions.—The offense of charging an opponent from behind is not committed where a player in playing the ball touches a player behind unless there is an intention to charge such player. The Referee is the sole judge of such intention, but it has been noticed that many Referees construe the Law more strictly than is necessary to secure fair play, and in consequence of such decisions the progress of games is unnecessarily interfered with.

If a player turns so as to face his own goal when he is tackled, or is obviously aware that he is about to be tackled by an opponent, he is intentionally obstructing, and may be charged from behind. (International Board, June 8, 1907.)

Referees will be supported in putting down rough play.

Instructions to Referees.—A player may be charged from behind when he is intentionally obstructing an opponent, whether he is facing his own goal or not; but the charging must under no circumstances be violent or dangerous.

Instructions to Players.—Even if your opponent is intentionally obstructing you, you have no right to charge him in a manner likely to do him injury. If players would hustle more and charge less the games would not be so rough and accidents not so frequent.

LAW X.

Free Kick. When a free kick has been awarded, the kicker's opponents shall not approach within *ten yards* of the ball, *until the kick is taken*, unless they are standing on their own goal line. The ball must at least be rolled over before it shall be considered played, i. e., it must make a complete circuit or travel the distance of its circumference. The kicker shall not play the ball a second time until it has been played by another player. The kick-off (except as provided by Law 2), corner-kick, and goal-kick shall be free kicks within the meaning of this Law.

Instructions to Referees.—It is the Referee's duty to see that all free kicks are taken from the proper place and not allow a free kick to be taken until he has given a signal. The usual signal is a whistle.

The free kick must be taken without delay. Nothing slows a game more than wasting time in taking a free kick. It is also unfair to delay, bearing in mind that a free kick awarded for breaches of Law 9 may score a goal direct. If opponents persist in encroaching act promptly and caution them.

The kick must not be allowed if the ball is on the move while it is being taken.

Instructions to Players.—Players must wait for the signal from the Referee before taking the kick-off or free kick.

Opponents must not approach within *ten yards* of the ball till it is kicked.

Players neglecting this instruction are liable to be ordered off the field.

LAW XI.

Free Kick from which Goal may be Scored. A goal may be scored from a free kick which is awarded because of any infringement of Law 9, but not from any other free kick.

Instructions to Referees.—Special notice should be taken of the fact that a goal may be scored direct, whether the ball touches a player of either side or not, if the free kick is awarded for tripping, kicking, jumping at, holding, pushing, violently or dangerously charging an opponent, charging an opponent illegally from behind, or handling the ball (breaches of Law 9). But it must be remembered that a free kick awarded for any other breach of the Laws does not come under this regulation. Note that a goal cannot be scored direct from a kick-off, corner-kick, or goal-kick; or from free kicks awarded for the following breaches of Laws:—

(a) Player playing the ball a second time before it has been played by another player, after throwing-in or taking a free kick or a penalty kick.

(b) Off-side.

(c) Carrying by goal-keeper.

(d) Charging goal-keeper at wrong time, the charging being otherwise fair.

(e) Playing the ball before it has touched the ground after being thrown down.

(f) Ball not kicked forward from a penalty kick.

(g) Improper throw-in.

(h) Dangerous play. Law 13.

Instructions to Players.—Players should remember that a goal may be scored from a free kick imposed for infringements of Law 9.

LAW XII.

A player shall not wear any nails, except such as have their heads driven in flush with the leather, or metal plates or projections, or gutta-percha, on his boots, or on his shin guards. If bars or studs on the soles or heels of the boots are used, they shall not project more than half an inch, and shall have all their fastenings driven in flush with the leather. Bars shall be transverse and flat, not less than half an inch in width, and shall extend from side to side of the boot. Studs shall be round in plan, not less than half an inch in diameter, and in no case conical or pointed. Any player discovered infringing this Law shall be prohibited from taking further part in the match. The Referee shall, if required, examine the players' boots before the commencement of a match, or during the interval.

Bars, Studs,
Etc.

Official Decisions.—Wearing soft india-rubber on the soles of boots is not a violation of Law 12.

Semi-circular toe pieces are legal.

Metal toe-plates, though covered with leather, are illegal.

Instructions to Referees.—It is the Referee's duty, if asked, to examine the players' boots before the match, or during the interval. The Referee must order off the field of play for the remainder of the game any player whom, during the progress of the play, he finds wearing:

- (a) Nails not flush with the leather.
- (b) Metal plates or projections.
- (c) Gutta percha on his boots, or on his shin guards.
- (d) Bars on soles or heels of his boots that do not extend from side to side of the boot, that are less than one-half inch wide, more than one-half inch deep, and not transverse and flat.
- (e) Studs on soles or heels of his boots, not round in plan, less than one-half inch in diameter, more than one-half inch deep, and conical or pointed.

During the progress of a game the Referee can enforce this Law without waiting for an appeal. There is no necessity to report this offense.

The Law includes metal clips or buckles, etc., that are dangerous, either on the boots or shin guards.

Instructions to Secretaries.—See that your players are not by ignorance or otherwise infringing this Law. Many of the boots sold ready-made for foot ball are wrongly studded, some are fitted with metal clips for the lace holes and metal toe plates covered with leather, which are very dangerous, as are also projecting buckles on the shin guards.

Instructions to Players.—It is also the duty of the players to see that their boots, etc., are in accordance with this Law, for if the Referee's attention is drawn to the irregularity during the progress of a game, the player may not go and change his boots, but must leave the field altogether, which might be a very serious matter to his side. If doubtful about it ask the Referee before the match, or during the interval, and he is bound to examine the boots. Players sometimes forget that studs wear away exposing the nails, which would make them illegal.

LAW XIII.

Duties and
Powers of
Referee.

A Referee shall be appointed, whose duties shall be to enforce the Laws and decide all disputed points; and his decision on points of fact connected with the play shall be final, so far as the result of the game is concerned. He shall also keep a record of the game, and act as timekeeper. In the event of any ungentlemanly behavior on the part of any of

the players, the offender or offenders shall be cautioned, and if any further offense is committed, or in case of violent conduct without any previous caution, the Referee shall order the offending player or players off the field of play, and shall transmit the name or names of such player or players to his or their National Association, who shall deal with the matter. The Referee shall allow for time wasted, lost through accident, or other cause, suspend or terminate the game whenever, by reason of darkness, interference by spectators, or other cause, he may deem necessary; but in all cases in which a game is so terminated he shall report the same to the Association under whose jurisdiction the game was played, who shall deal with the matter. The Referee shall award a free kick in any case in which he thinks the conduct of a player dangerous, or likely to prove dangerous, but not sufficiently so as to justify him in putting in force the greater powers vested in him. The power of the Referee extends to offenses committed when the play has been temporarily suspended, and when the ball is out of play.

Official Decisions.—Any player leaving the field during the progress of a game (except through accident) without the consent of the Referee will be deemed guilty of misconduct, and will render himself liable to be penalized.

Persistent infringement of any of the Laws of the Game is ungentlemanly conduct within the meaning of this Law. (International Board, June 8, 1907.)

All reports by Referees to be made within *TWO* days after the occurrence (Sundays not included), and reports will be deemed to be made when received in the ordinary course of post. (International Board, June 11, 1910.)

Referees may in certain circumstances send their reports to the affiliated Association concerned. See Agreement dated June 17, 1895.

A player who is injured during a match shall be at once removed outside the nearest goal or touch-line, and the game resumed. (International Board, June, 1914.)

It is the duty of the Referee to see that all free kicks, kicks from the goal, and corner-kicks are properly taken.

Without permission of the Referee, no person shall be allowed on the field of play during a match other than the Linesmen and players.

It is misconduct for any Association or club, or any player, official, or member of any Association or club to offer, or attempt to offer, either directly or indirectly, any consideration whatever

to another club, player, or players of any other club, with a view to influence the result of a match. It is misconduct for any club, player or players, to accept any such consideration.

A Linesman is justified by Law 14 in directing the Referee's attention to distinct breaches of the Laws which have come under his notice, and which he is satisfied the Referee could not see, and Referees should confer with the Linesmen in such a case, especially where the Linesmen are neutral.

Instructions to Referees.—The duty of a Referee to order a player off for violent conduct, or after a caution for ungentelemanly behavior, is emphasized by the alteration made in the Law by the International Board in 1909.

The Referee decides everything, the Linesmen being his assistants, whose decisions he can overrule. He must keep the score and also the time, and allow for time wasted, and stop the game as he thinks fit, though in the case of the game abruptly terminating, he is bound to report the fact to the local or National Association within three days.

As regards rough play, the Referee has absolute discretion. Where he considers the conduct of a player dangerous, or likely to cause injury, he must award a free kick. In doing so he must caution the offender, and, if the offense is repeated, order the player off the field of play. In the case of violent conduct, a previous caution is not needed.

Avoid (a).—Discussing or arguing points with players or officials on the field of play.

(b).—Arguing points with players, officials, or press men off the field of play.

(c).—Pointing at, or placing a hand on a player when cautioning him. Check rough play at the outset.

The Referee is recommended to compare watches with the Linesmen, prior to the game and at half-time.

The Referee should be very careful in deducting time for stoppages, etc. He should blow his whistle for time or half-time at the exact moment, whether the ball is in play or not. The only case in which time can be extended is that of a penalty kick.

Referees are strongly recommended not to trust to memory alone to keep a record of the game, but to note on paper the time of start and the time at which they would in the ordinary course call half-time or time. They may then easily add to it for wilful delays, or stoppages of the game. The goals scored by each side in the order of occurrence should also be noted.

Instructions to Players.—It is impossible for a Referee to please everybody. Remember his difficult position and do not make it more so.

If any disturbance arises go at once to the help of the Referee.

Betting is prohibited.

LAW XIV.

Two Linesmen shall be appointed, whose duty (subject to the decision of the Referee) shall be to decide when the ball is out of play, and which side is entitled to the corner-kick, goal-kick, or throw-in; and to assist the Referee in carrying out the game in accordance with the Laws. In the event of any undue interference or improper conduct by a Linesman, the Referee shall have power to order him off the field of play and appoint a substitute, and report the circumstances to the National Association having jurisdiction over him, who shall deal with the matter.

Duties and
Powers of
Linesmen.

Official Decisions.—Linesmen where neutral should call the attention of the Referee to rough play or ungentlemanly conduct, and generally assist him to carry out the game in a proper manner.

Linesmen where neutral may be asked by the Referee to give an opinion on the ball crossing the goal-line between the posts.

A player shall not act as Linesman or Referee during suspension.

A Linesman is justified by Law 14 in directing the Referee's attention to distinct breaches of the Law which have come under his notice, and which he is satisfied the Referee could not see, and Referees should confer with the Linesmen in such a case, especially where the Linesmen are neutral.

Instructions to Referees.—Linesmen must signal when the ball is out of play, and indicate which side is entitled to the corner-kick, goal-kick, or throw-in. They must also call the attention of the Referee to rough play or ungentlemanly conduct, and must give their opinion on any point on which the Referee may consult them.

If they notice any breach of the Laws that has escaped the Referee's attention it is their duty to inform him of it.

The Referee has power to order a Linesman off the field for undue interference or improper conduct and to appoint a substitute. This authority should only be exercised in extreme cases, as a warning will probably be sufficient.

LAW XV.

In the event of a supposed infringement of the Laws, the ball shall be in play until a decision has been given.

Ball in
Play until
Decision given

Instructions to Referees.—The ball is in play until the whistle sounds, but the Referee should decide promptly. If in doubt consult the Linesmen.

If the Referee declines to accept an appeal a shake of the head, or the words "play on" may sometimes be used with advantage.

When the Referee has once given his decision and play has been resumed, he must not alter it.

Instructions to Players.—Don't stop playing till the whistle sounds, and the decision once given don't importune the Referee to reverse it, or annoy him by remarks.

LAW XVI.

Re-starting the
Game after
Temporary
Suspension.

In the event of any temporary suspension of play from any cause, the ball not having gone into touch or behind the goal-line, the Referee shall drop the ball where it was when play was suspended, and it shall be in play when it has touched the ground. If the ball goes into touch or behind the goal-line before it is played by a player, the Referee shall again drop it. The players on either side shall not play the ball until it has touched the ground.

Instructions to Referees.—If the game is stopped by reason of a player being hurt, or for any other cause (not being half-time or time) where there is no penalty attached, the Referee must throw the ball down where it was when play was suspended. No player is allowed to play the ball until it has reached the ground. Should the ball be touched before it reaches the ground, a free kick must be awarded to the opposite side.

If the ball goes into touch or behind the goal-line before it is played by a player, the Referee must again throw the ball down.

Instructions to Players.—A player is not allowed to play the ball until it has touched the ground.

LAW XVII.

Free kick.

In the event of any infringement of Laws 5, 6, 8, 10, or 16, or of a player being sent off the field under Law 13, a free kick shall be awarded to the opposite side, from the place where the infringement occurred.

Official Decisions.—A FREE KICK is a kick at the ball in any direction the player pleases, when it is lying on the ground. A place kick, a free kick, or a penalty kick must not be taken until the Referee has given a signal for the same.

Cases of handling the ball, and tripping, pushing, kicking or holding an opponent, and charging an opponent from behind may so happen as to be

considered unintentional, and when this is so, no penalty must be awarded. (International Board, June 16, 1902.)

Instructions to Referees.—The Referee should refrain from awarding a free kick if it is to the advantage of the side offended against to allow the play to go on.

Again the Referee is reminded of the fact that it is the intentional breach of Law which must be punished.

Instructions to Players.—The Referee should refrain from awarding a free kick if it is to the advantage of the side offended against to allow the play to go on.

In the event of any intentional infringement of Law 9 outside the penalty area, or by the attacking side within the penalty area, a free kick shall be awarded to the opposite side from the place where the infringement occurred. In the event of any intentional infringement of Law 9 by the defending side within the penalty area, the Referee shall award the opponents a penalty kick which shall be taken from the penalty kick mark under the following conditions: All players, with the exception of the player taking the penalty kick and the opponents' goal-keeper shall be outside the penalty area. The opponents' goal-keeper shall not advance beyond his goal line. The ball must be kicked forward. The ball shall be in play when the kick is taken, and a goal may be scored from a penalty kick; but the ball shall not be again played by the kicker until it has been played by another player. If necessary, time of play shall be extended to admit of the penalty kick being taken. A free kick shall also be awarded to the opposite side if the ball is not kicked forward, or is played a second time by the player who takes the penalty kick until it has been played by another player. The Referee may refrain from putting the provisions of this Law into effect in cases where he is satisfied that by enforcing them he would be giving an advantage to the offending side. If when a penalty kick is taken the ball passes between the goal-posts, under the bar, the goal shall not be nullified by reason of any infringement by the defending side.

Official Decisions.—Unless the penalty kick is taken in accordance with the Law, the Referee must order the ball back until it is properly taken.

If, on taking a penalty kick, the ball rebounds

from the goal posts or bar, and the kicker plays it a second time, a free kick must be awarded.

The penalty kick can only be awarded for the following eight offenses, intentionally committed by a player of the defending side within the penalty area:

1. Tripping an opponent.
2. Kicking an opponent.
3. Jumping at an opponent.
4. Handling the ball.
5. Holding an opponent.
6. Pushing an opponent.
7. Charging an opponent violently or dangerously.
8. Charging an opponent from behind.

Cases of handling the ball, and tripping, pushing, kicking or holding an opponent, and charging an opponent from behind may so happen as to be considered unintentional, and when this is so, no penalty must be awarded. (International Board, June 16, 1902.)

If a player deliberately trips an opponent who is standing in an off-side position within the penalty area, and who does not attempt to play the ball or obstruct, a penalty kick should be awarded.

A penalty kick can be awarded irrespective of the position of the ball at the time the offense is committed. (International Board, June 16, 1902.)

If a goal-keeper has been changed without the Referee being notified, and the new goal-keeper handles the ball within the penalty area, a penalty kick must be awarded. (International Board, June 17, 1901.)

In the event of the ball touching the goal-keeper before passing between the posts, when a penalty kick is being taken at the expiration of time, a goal is scored. (International Board, June 17, 1901.)

The Laws of the Game are intended to provide that games should be played with as little interference as possible, and in this view it is the duty of Referees not to give penalties for technical or supposed breaches. Constant whistling or trifling and doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of spectators.

Instructions to Referees.—Extending the arms to keep an opponent back, though not actually catching hold of him with the hand, is considered to be holding.

Should the ball hit the goal-post or bar and rebound into play, the player who played it must not play it again until it has been played by another player. Should he do so a free kick must be given against him.

The goal-keeper, defending a penalty kick, must not advance beyond his goal line.

Until the Referee has satisfied himself that the players are in their proper positions he should not give a signal for the kick to be taken. Any player

wilfully encroaching should first be cautioned and on a repetition be ordered off the field of play. A penalty kick can be taken after time has expired.

Once more the Referee is reminded that it is the intentional breach of Law that must be punished.

The Referee must withhold the award of a penalty kick if he considers it would be to the advantage of the side offended against to let the play go on.

When a goal results from a penalty kick, it shall not be nullified although there may have been an infringement of Law by the defending side.

It is a common fault of Referees that, when players have committed offenses for which they should have been ordered off the field of play, a penalty kick only has been awarded. The awarding of a penalty kick does not free a Referee from the duty of also ordering the offender off the field of play, where the offense is such as justifies this.

Instructions to Players.—Players are not required to stand behind the ball, but may take up their position anywhere outside the penalty area, but within the field of play.

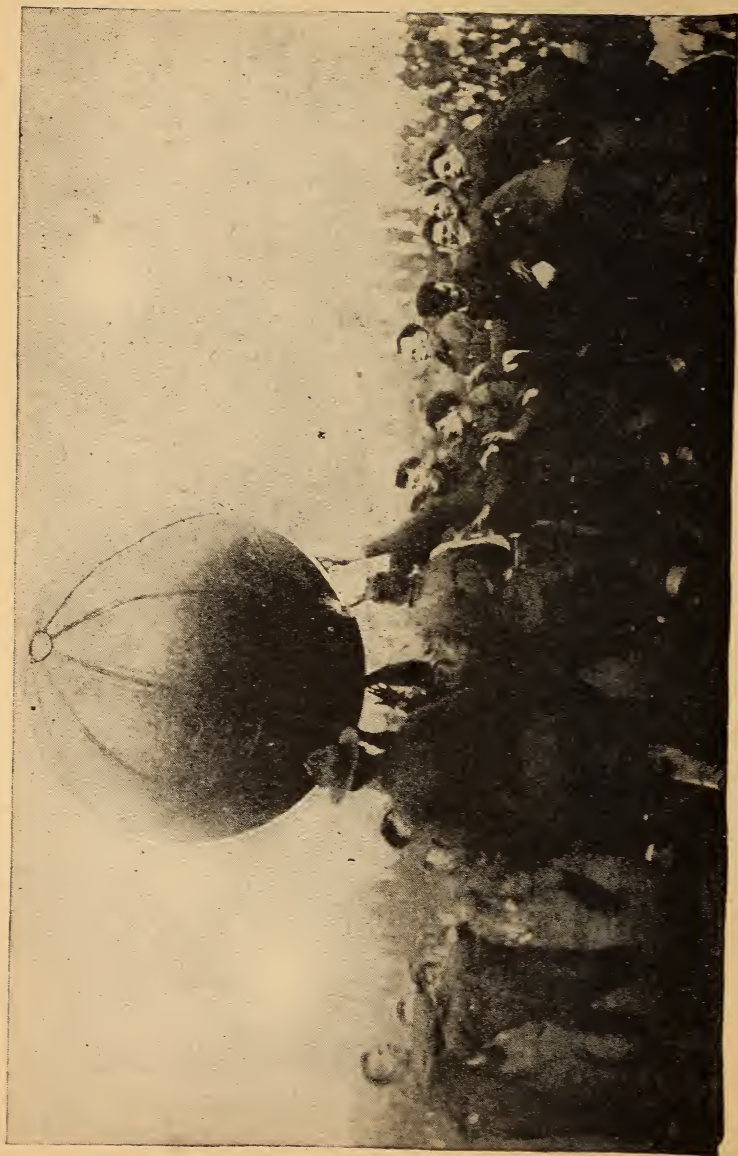
There is a practice of players yelling or making other noises with the object of putting either the goal-keeper or the kicker at a disadvantage. Be gentlemen and treat your opponents as such.

Players must wait for the Referee's signal before taking the penalty kick.

A player may not rush in from his place outside the penalty area until the ball has been kicked. If he does so he may be cautioned, and on repeating the offense be ordered off the field of play.

The kick must be forward.

Though a penalty kick may be deserved, the Referee is empowered not to enforce it, if to do so would benefit the offenders. Also if a penalty kick is awarded, and scores, the Referee must ignore any infringement by the defenders, and let the goal stand.



A GAME OF PUSH BALL.

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Push Ball

Push ball is played on a level field, 140 yards in length by 50 yards in width, although the size of the field may necessitate changes in these measurements. Where the game is played indoors, the floor space can be greatly lessened.

A team is composed of eleven players on a side, divided as follows: Five forwards, two left wings, two right wings and two goal-keepers. This formation must be taken when the ball is put in play. After the ball is in play the players can assume any position on the field within the rules. However, for general mass play, there is no limit to the number of players on each side, and it is this "free-for-all" feature that has made it so popular where great numbers are to be amused.

In scoring, a team that shoves the ball under the cross bar and between the goal posts shall score 5 points; lifting or throwing the ball over the cross bar scores 8 points, and a safety counts 2 points. The principal object of the game is to push the ball and keep it in action until such time as you cross your opponent's goal.

The opening play in any match is very spectacular. The teams line up, five men on the 20-yard mark, four men on the 40-yard mark and the two goal keepers on the goal lines. At the referee's whistle all start for the center of the field, where the ball has been placed. It is in this play that the best men will come in. No doubt the fastest men in the team will be the forwards. The forwards will be backed up by the wings, who will not be as speedy men, but stronger, and the goal keepers will be naturally the strongest men on the team. Strength and pushing qualities will be appreciated.

Massive and unwieldy as the ball may seem, many clever plays can be developed. In a flying wedge, for instance, this particular play is brought into the game on a second penalty for a foul, and the team that has been penalized is behind the ball bracing it, but cannot move the ball. The team that has been given the penalty of having the flying wedge will line up at least 50 yards on the other side of the ball, and at a given signal the team will get under way, going at full speed. Of course, if the team hits the ball head on, so to speak, it will be utterly impossible for the team to gain, owing to the fact that the team has been penalized and is bracing it like a stone wall. The result is that the clever captain of the other side is enjoying the privilege of the flying wedge and will not run direct to the ball as the other team would like, but instead he will run his team zigzag and hit the ball on the side from the right to the left, thus bringing it away from the brace that has been made by the opposing team. Many tricks are possible when near an opponent's goal, for in pushing the ball above the crossbar, extra points are allowed. In this way it will be the play of the opposing team to get the ball in the air, so as to roll or push the ball across the heads of the opposing team. This can be done by the team breaking up, two men on shoulders holding the ball in midair.

A sensational play is that of stealing the ball from the opposing team and running it down the field for a goal. This play is accomplished by eight of the team making a box and tackling the members of the opposing team, thus blocking or boxing up the team and giving to three of the forwards, supposed to be the fastest men on the team, a chance to run with the ball. Immediately after the game is started the players may obstruct their opponents by the body and may tackle and hold,

As in foot ball, however, for tripping, kicking or tackling below the knees, the referee will have the power to penalize 10 yards.

The referee is supreme official and decides all the points in the rules and exercises his judgment on points not set forth in the rules. He has an assistant, appointed by himself, who is to watch for fouls and fouls only, as, of course, it would be utterly impossible for the referee to see what is going on at both sides of the ball, and as a result the referee will be called upon to take the report from his assistant and decide accordingly. There is a linesman whose duties are practically the same as a linesman in foot ball, also scorers and timekeepers. For any rough play, a penalty of 10 yards is given. If a second penalty is given within the 10-yard line, the flying wedge is not necessary, and the team that is penalized loses the goal and it is given to the opposing side.

OFFICIAL PUSH BALL RULES

The Field.—The field shall be a rectangular space 140 yards in length and 50 yards in width. The outside boundary shall be marked by heavy white lines on the floor or ground.

The Ball.—The ball shall be the Spalding Official Push Ball.

Goals.—The goals shall consist of two upright posts 18 feet in height placed in the ground 20 feet apart, with a cross bar 7 feet above and parallel to the floor or ground.

Teams.—Teams shall consist of eleven men, as follows: Five forwards, two left wings, two right wings and two goal-keepers.

Officials.—The officials shall be one Referee, one Assistant Referee, two Linesmen, one Timekeeper and one Scorer.

Duties of the Referee.—(1) The Referee shall blow his whistle when the ball has crossed either of the side lines and shall order the ball placed 25 feet from the side line in the field of play on a line parallel to the point where the ball left the field of play. The players shall line up 20 yards back of the ball, play to be resumed at the whistle of the Referee. The Referee shall be sole judge of the plays, and for any kind of rough play shall, in his discretion, penalize the opposing teams 10 yards.

(2) The Referee decides all questions not definitely falling to the other officials.

(3) The Assistant Referee shall be appointed by the Referee and shall assist him in deciding questions of foul play, and shall report same to the Referee.

Duties of the Linesmen.—The Linesmen shall, under the supervision of the Referee, mark the progress of the distance gained. They shall remain outside the field of play and measure the distance with a rope. The Linesmen shall indicate the placing of the ball and the positions of the players.

Duties of the Scorer.—The Scorer shall be appointed by the Referee. He shall keep an accurate tally of all points made and announce same at end of each half.

Duties of the Timekeeper.—The Timekeeper shall be appointed by the Referee. He shall note when the game starts and blow his whistle at the expiration of 30 minutes' playing time in each half. Time consumed in stoppages shall be deducted only on order from the Referee.

Ties.—In case of a tie, the Referee shall stop the game, announce a tie, then order the game continued until one team scores two or more points.

Scoring.—Pushing or shoving the ball under the 7-foot crossbar between the goal posts shall count 5 points; lifting or throwing the ball over the 7-foot cross-bar shall count 8 points, and a safety shall count 2 points. The object of the game is to push or carry the ball between the goal posts or over the crossbar of the opponent's goal.

Method of Starting Play.—The ball shall be placed in the center of the field at the beginning of each half and after each goal is scored, and play shall be started at the sound of the whistle of the Referee. The teams shall line up as follows: Two goal-keepers on the goal lines; two left wings and right wings on the 20-yard lines, the five forwards on the 40-yard lines.

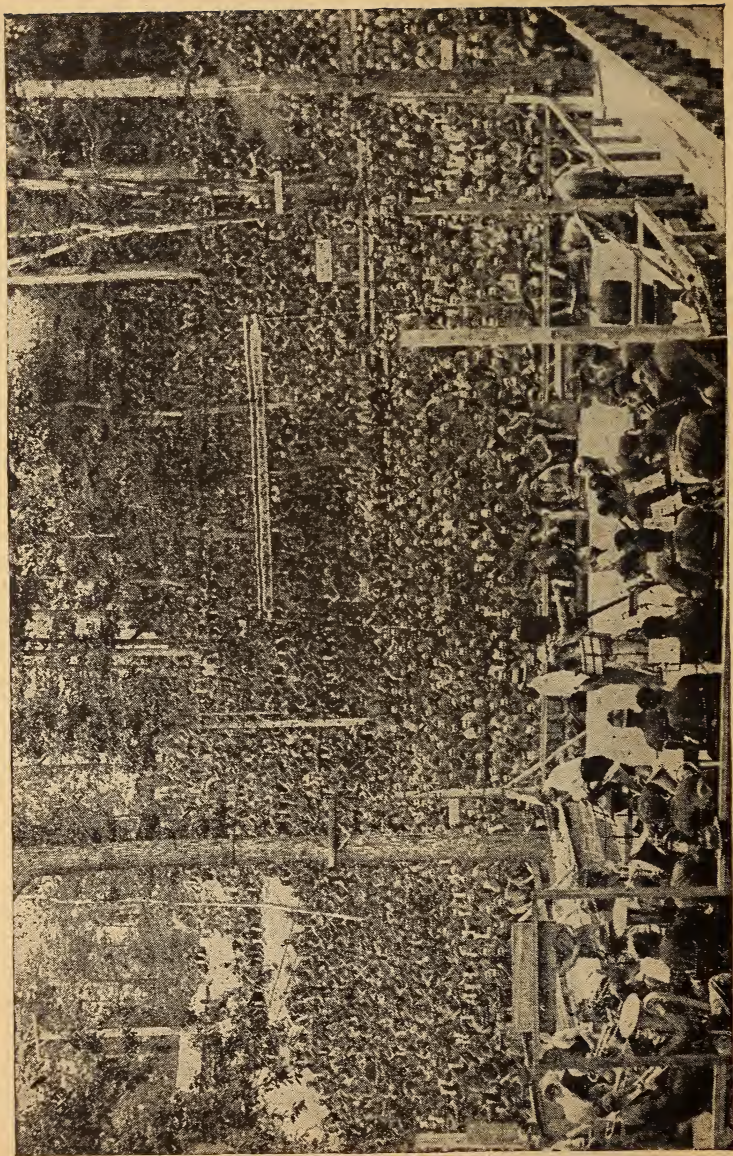
The Game.—(1) The ball shall be out of bounds only when it has completely crossed either of the side lines. (2) After each goal is scored, the ball shall be put in play at the center and the teams shall change goals. (3) Two halves of 30 minutes' duration shall be played, with 10 minutes' rest. (4) Before the ball is in play no player shall interfere with an opponent. (5) No player shall be allowed to have projecting nails or iron plates on his shoes or wear upon his person any metallic or hard substance that, in the judgment of the Referee, is liable to injure another player. There shall be nothing in this rule to prevent players from using cleats made of leather. (6) A player once removed from the game cannot again play in that game.

For the second penalty, the team giving the penalty shall be accorded a flying charge and the penalized team shall stay back of the ball until the opposing side strikes the ball, and the penalized team may line up against and brace the ball. In a flying charge the team given the privilege can start as far back as they want to and can run to the ball at any angle.

Penalties shall be numbered one and two. For the first penalty 10 yards shall be given. For the second penalty, a flying charge; and on penalties the Referee shall rotate as in the foregoing, except when the second penalty is given within the 10-yard line.

If a distance penalty is given within 10 yards of an opponent's goal, the team that has gained the penalty shall be given a goal and score 5 points. The ball shall then be put in play in the center.

A Safety.—A safety shall be scored when the ball is pushed across the opponents' goal line, not between the goal posts. After crossing the goal line the ball is dead. The ball is then brought out to the center on the 50-yard line, and the team scoring the safety has a free rush, lining up 10 yards back of the ball. The members of the team whose goal line has been crossed are to line up on the goal line and not to leave until the Referee blows his whistle. Whenever the Referee gives a distance penalty and the distance gained would carry the ball nearer to the goal line than 10 yards, the ball shall be put in play on the 10-yard line.



BOXING MATCH AT A CAMP.

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BOXING.

SECTION 1. In all boxing competitions the ring shall not be less than 16 feet nor more than 24 feet square, and shall be formed of posts and ropes, the latter extending in triple lines 2, 3 and 4 feet from the floor of the ring. The floor of the ring shall extend beyond the lower rope for a distance of not less than 2 feet. Posts must be properly padded and padding on floor shall be not less than $\frac{1}{2}$ inch in thickness.

SEC. 2. Competitors must box in regulation athletic trunks reaching to the knee, in shoes without spikes, or in socks, and use boxing gloves not less than five ounces in weight.

SEC. 3. Classes to be: 108 lbs. and under; 115 lbs. and under; 125 lbs. and under; 135 lbs. and under; 145 lbs. and under; 158 lbs. and under; 175 lbs. and under; and over 175 lbs.

SEC. 4. An athlete who fails to compete after entering an event shall be required to furnish a satisfactory excuse for such failure or render himself liable to censure or suspension by the local Registration Committee. Any athlete who weighs in and then fails to compete without an excuse satisfactory to the Registration Committee shall be suspended for a period of six months. Competitors shall weigh in within three hours of a contest. Weighing in shall cease in each class when the drawing for bouts in that class commences. Competitors shall sign their names to a weighing list upon weighing in and whenever demanded by the Referee.

SEC. 5. The Boxing Committee of each Association of the Amateur Athletic Union shall prepare an official list of competent boxing officials to serve as Referees, Judges, Weighers, Timers, Announcers, and Clerks of Boxing. All tournaments must be conducted by officials selected from this official list.

SEC. 6. In all competitions the number of rounds to be contested shall be three. The duration of rounds shall be limited to three minutes each. The interval between each round shall be one minute. The Referee may order one additional round as provided in Section 10.

SEC. 7. A competitor failing to immediately respond to the call of "Time" at the beginning of any round shall be disqualified by the Referee and the bout awarded to his opponent.

SEC. 8. Immediately before the contest competitors who have weighed in shall draw numbers to determine the bouts they take part in. The drawing to be as follows: Have the first prelimi-

nary round to reduce the number of competitors, to 2, 4, 8, 16, and so on. (Thus, if there are three competitors, have one preliminary bout to reduce to two; if five, have one bout to reduce to four; if six, have two bouts to reduce to four; if nine, have one bout to reduce to eight; if ten, have two bouts to reduce to eight; if eleven, have three bouts to reduce to eight, and so on.) In all drawings where numbers 1, 2, 3, 4, and so on are drawn, number 1 competes with number 2, 3 with 4, and so on. When the class is brought to a multiple of 2, 4, 8 or 16, the contest proceeds regularly to the final bout. Where the competition is not concluded in one day, there shall be a new drawing for each subsequent round of bouts started on a following day. The winner of the final bout receives first prize and the loser receives second prize.

SEC. 9. Each competitor shall be entitled to the assistance of two seconds only, and no advice or coaching shall be given to any competitor by either of his seconds, or by any other person during the progress of any round. For a violation of this section the Referee may disqualify the competitor who is so advised or coached.

SEC. 10. The manner of judging shall be as follows: There shall be two Judges, stationed on opposite sides of the ring and a Referee in the ring. At the end of the bout each Judge shall write the name of the competitor who in his opinion has won and shall hand same to the Announcer. In case the Judges agree the name of the winner is announced, but in case the Judges disagree the announcer shall so inform the Referee, who shall thereupon himself decide. If the Referee is in doubt he can order a further round limited to two minutes. If the Judges then fail to agree the Referee must decide in favor of one of the contestants.

SEC. 11. The Referee shall have power to caution or disqualify a competitor for any infringement of rules, and to end the round in the event of either man being knocked down. The Referee, however, shall not count over a competitor who has been knocked down. If such knockdown in his opinion shall incapacitate the competitor from continuing, the Referee must stop the bout and announce the winner.

SEC. 12. The decision of the Judges or the Referee, as the case may be, shall be final.

SEC. 13. In all competitions the decision shall be made in favor of the competitor who displays the best style and obtains the greatest number of points. The points shall be: For attack: direct clean hits with the knuckles of either hand, on any part of the front or sides of the head or body above the belt. For defense: guarding, slipping, ducking, counter-hitting or getting

away. Where points are otherwise equal, consideration to be given to the man who does the most leading off.

SEC. 14. The Referee may disqualify a competitor who is boxing unfairly, by kicking, gouging, or hitting with the open glove, hitting with the inside or butt of the hand, the wrist or elbow, hitting or catching hold below the waist, hitting when down (one knee and one hand or both knees on the floor), striking an opponent on the back of the neck or on the spine or over the kidneys, holding with one hand and striking, butting with the head or shoulder, hitting in the clinches, wrestling or roughing at the ropes, using offensive and scurrilous language, or not obeying the orders of the Referee.

SEC. 15. Any athlete who competes in a boxing contest of longer duration than provided for in these rules shall be suspended for such period as the Registration Committee shall decide.

SEC. 16.—Nothing shall be used for the protection of the hands and wrists other than soft cotton bandages of not more than three thicknesses and not more than two layers of tape back of the knuckles; hard bandages or substances of any kind being prohibited. Bandages are subject to approval of the Referee.

SEC. 17. In the event of any questions arising not provided for in these rules, the Referee shall have full power to decide such questions and also to interpret the rules.

WRESTLING.

CATCH-AS-CATCH-CAN.

SECTION 1. In all wrestling competitions the ring shall not be less than 16 feet nor more than 24 feet square, and shall be formed of posts and ropes, the latter extending in triple lines, 2, 3 and 4 feet from the floor of the ring. The floor of the ring shall extend beyond the lower rope for a distance of not less than 2 feet. Posts must be properly padded and padding on floor shall be not less than one-half inch in thickness.

SEC. 2. Competitors must wrestle in regulation trunks and may wear light slippers or rubbers without heels.

SEC. 3. Classes to be: 108 lbs. and under; 115 lbs. and under; 125 lbs. and under; 135 lbs. and under; 145 lbs. and under; 158 lbs. and under; 175 lbs. and under; and over 175 lbs.

SEC. 4. An athlete who fails to compete after entering an event shall be required to furnish a satisfactory excuse for such failure or render himself liable to censure or suspension by the local Registration Committee. Any athlete who weighs in and then fails to compete without an excuse satisfactory to the Registration Committee shall be suspended for a period of six months. Competitors shall weigh in within three hours of a contest. Weighing in shall cease in each class when the drawing for bouts in that class commences. Competitors shall sign their names to a weighing list upon weighing in and whenever demanded by the Referee.

SEC. 5. The Wrestling Committee of each Association of the Amateur Athletic Union shall prepare an official list of competent wrestling officials to serve as Referees, Weighers, Timers, Announcers, and Clerks of Wrestling. All tournaments must be conducted by officials selected from this official list.

SEC. 6. A fall shall terminate the bout and in no case shall the duration of a preliminary bout exceed 10 minutes. A fall shall terminate the final bout which in no case shall exceed 15 minutes. If no fall has been obtained by either contestant at the termination of the bout, the Referee must award the bout to the competitor who shows the best qualities, or who has acted mostly upon the aggressive.

SEC. 7. Both shoulders shall be pinned on the floor at the same time to constitute a fall. Any hold, grip, lock or trip allowed except the hammer-lock, strangle, full Nelson and toe holds. Striking, kicking, gouging, hair pulling, butting, strangling, or anything that endangers life or limb will not be allowed.

SEC. 8. Immediately before the contest competitors who have weighed in shall draw numbers to determine the bouts they take part in. The drawing to be as follows: Have the first preliminary round to reduce the number of competitors, to 2, 4, 8, 16, and so on. (Thus, if there are three competitors, have one preliminary bout to reduce to two; if five, have one bout to reduce to four; if six, have two bouts to reduce to four; if nine, have one bout to reduce to eight; if ten, have two bouts to reduce to eight; if eleven, have three bouts to reduce to eight, and so on.) In all drawings where numbers 1, 2, 3, 4, and so on are drawn, number 1 competes with number 2, 3 with 4, and so on. When the class is brought to a multiple of 2, 4, 8 or 16, the contest proceeds regularly to the final bout. Where the competition is not concluded in one day, there shall be a new drawing for each subsequent round of bouts started on a following day. The winner of the final bout receives first prize and the loser receives second prize.

SEC. 9. Each competitor shall be entitled to the assistance of two seconds only, and no advice or coaching shall be given to any competitor by either of his seconds, or by any other person during the progress of any bout. For a violation of this section, the Referee may disqualify the competitor who is so advised or coached.

SEC. 10. If a competitor refuses to break any hold when so ordered by the Referee, he may be disqualified by the Referee.

SEC. 11. The Referee shall have full control of the competition and his decision shall be final and without appeal.

SEC. 12. No bandages of any kind shall be used on hands, arms or head.

SEC. 13. Any athlete who competes in a wrestling contest of longer duration than provided for in these rules shall be suspended for such period as the Registration Committee shall decide.

SEC. 14. In the event of any question arising not provided for in these rules, the Referee shall have full power to decide such question and also interpret these rules.

SEC. 15. If one shoulder of either contestant goes off the mat in a wrestling bout, the Referee shall be empowered to order the men to break their holds and go back to the center of the mat, with the man who was on top when the contestants left the mat assuming the upper position again. In the event of the Referee being unable to determine which man had the upper position when they both left the mat, he shall be empowered to order them to assume the standing attitude in the center of the mat.

Hand Grenade Throwing

By CAPT. LEWIS OMER, N. A.,
Division Athletic Officer, 86th Division, N. A.

Grenades are usually made in three sizes: 18 ounces, defensive; 8 ounces, offensive; 22½ ounces, defensive. The French bombing experts recommend that the standard 18 ounce grenade be used.

Grenade throwing demands, first, accuracy; second, distance, and, as a smaller factor, speed in throwing.

The men are conditioned by any general physical training. The most practical method is that we would use in any other competitive event by the use of the grenade itself in throwing.

PROPER FORM FOR THROWING.

(a) The grenade should be grasped tightly in the palm of the hand.

(b) The left arm stretched out straight, pointing in the direction of the target.

(c) The right arm extended so that the left arm, shoulders and right arm make a straight line.

(d) Method of throwing: Bend back and to the right at the waist and hips, keeping same position of the shoulders and arms, being sure to keep the shoulders, arms and body in the vertical plane passing through the target. The right leg should be bent, the left leg straight and the left foot pointing toward the target and the right foot at right angles to the vertical plane through the target. The contestant is now in a position to throw.

THROWING.

When starting to throw, straighten out the right leg, as in the shot put, bending the left and swinging the body on the hips and waist, aiding and finishing the throw with the arms, keeping them in the plane already described. The contestant should be careful to keep the arms always straight and aid the swing of the right by swinging the left arm downward, close to the body, using the left to gain speed, just as is done in throwing the base ball or putting the shot.

The grenade should be let go when the hand is at the highest point of the arc and it must travel so that it drops down as nearly vertical into the target as is possible with accurate throwing.

MANNER OF COMPETITION.

A very good manner of competition would be to follow the French army standard, which is to put 12 grenades out of 15 into a hole 2 yards in diameter, at a distance of 40 yards, within a minute's time. A grenade rolling into the target does not count. A contestant stands behind a line 40 yards from the center of the target and is not permitted to cross the line with any part of his person. The practicable way to handle this as a competitive event would be to count the number of clean hits out of 15 grenades in the time given.

This could be varied by making the contest for the same target at 20, 30 and 40 yards, throwing 5 grenades at each target and giving the contestant the same time as given in the preceding paragraph.

COMMENTS.

Free style should not be used, although the tendency of the American athletic coach would be to think that he could improve upon the method of throwing, and for this reason the following reasons for using the standard form of throwing should be advanced:

- (a) Bombing lasts for hours, and this method of throwing uses the greatest number of muscles and is therefore least exhausting.
- (b) Very often the grenade is used for barrage work and in that work everyone must throw exactly in front of him.
- (c) A grenade thrown in the same way as the discus is very liable to be knocked out of the hand or dropped with fatal results.
- (d) This style of throwing always gives a plunging fire.

SUGGESTIONS FOR TESTS

Teams to be of four men or multiples of four men, the larger the team the better. Contests to be divided into four parts, as follows:

1. Tests for distance and angle.
2. Bullseye test.
3. Cage test.
4. Speed test.

DISTANCE AND ANGLE TEST.

Court to consist of three radiating lines, as shown in Fig. 1. Side lines to be $1\frac{1}{2}$ feet to right and left of center line at point of origin from which grenade is thrown and 5 feet each side of center line at a distance of 50 yards from the thrower. Distance arcs to be drawn every five yards.

RULES.

Contestant stands at narrow end of course and throws for distance. Scoring: Best throw out of three. Point of first impact to be recorded and no throw to count unless grenade falls within the limits of the court.

BULLSEYE TEST.

Bullseye to be constructed as follows: In a crater, one yard in diameter; circle 4, three yards in diameter; circle 3, five yards in diameter; circle 2, seven yards diameter; circle 1, nine yards diameter. In a crater six inches deep, space between crater and circle 4, turf; from circle 4 to circle 3, skin, 6 inches deep; circle 3 to circle 2, turf; circle 2 to circle 1, skin, 6 inches deep. Throwing trench 2 yards wide, 6 inches deep, in form of circle, in radius 35 yards, as shown in Fig 2.

RULES.

Point of original contact recorded. Scoring: Value of hits—bullseye, 5; circles, 4, 3, 2 and 1, in succession from the center. Ten throws per contestant.

CAGE TEST.

Throwing cage, boarded in front, wire netting on sides and open at back; 9 feet long, 4 feet wide, and of adjustable height, three inches greater than the height of the contestant.

Receiving cages: One with near edge 25 yards directly in front of center of throwing cage screen. Dimensions: 10 yards long, 1 yard wide and 1 yard high. Two receiving cages, at angle of 45 degrees to right and left, each 20 yards from middle point of cage screen and of same dimensions at center receiving cage. (See Fig. 3.)

RULES.

Ten throws per cage per contestant. Scoring: one point for each grenade which falls within the receiving cage.

SPEED TEST.

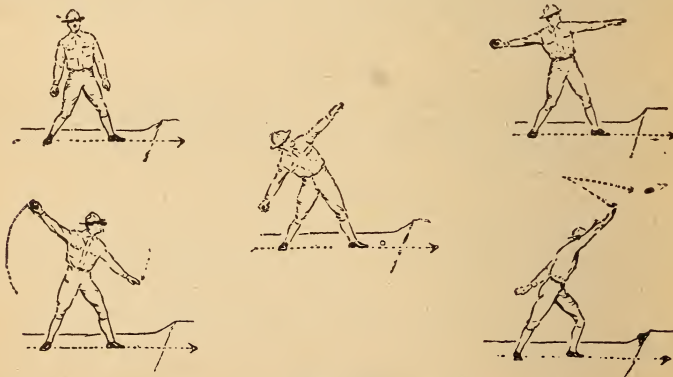
Court consists of throwing position and band of turf, 8 feet wide and 32 yards long. Targets: four individual craters one yard in diameter and eight yards apart at points 4, 12, 20 and 28, respectively, from left edge of throwing position produced to the front. (See Fig. 4 on last page.)

RULES.

Each contestant throws as many grenades as he can deliver in sixty seconds. Between throws contestants must touch both knees and chest to the ground. Scoring: Each grenade falling by original impact in contestant's assigned crater counts 1.

Each test to have value of 25 per cent. in computing score for the event.

It is believed that if practicable, as teams are organized and this sport becomes popular, it should be developed into regular operations of trench raid and trench mopping, in combination with the bayonet.



WESTERN INTERCOLLEGIATE CONFERENCE ATHLETIC ASSOCIATION RULES FOR HAND GRENADE THROW.

The hand grenade used shall be the standard iron, unfilled, U. S. Army grenade, weighing about 18 ounces, approximately $3\frac{3}{4}$ inches long, about $2\frac{1}{2}$ inches in diameter at the center and $1\frac{1}{8}$ inches in diameter at the ends.

The grenade shall be thrown from a miniature trench 3 feet wide by 4 feet long by 6 inches deep, and from behind a solid barricade

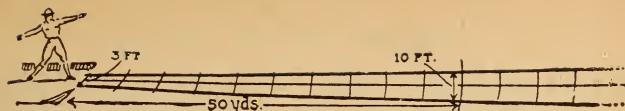


Fig. 1—Distance and Angle Test

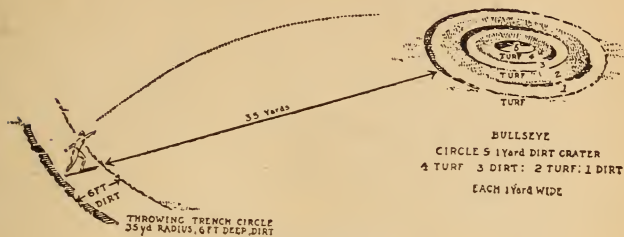


Fig 2—Bullseye Test

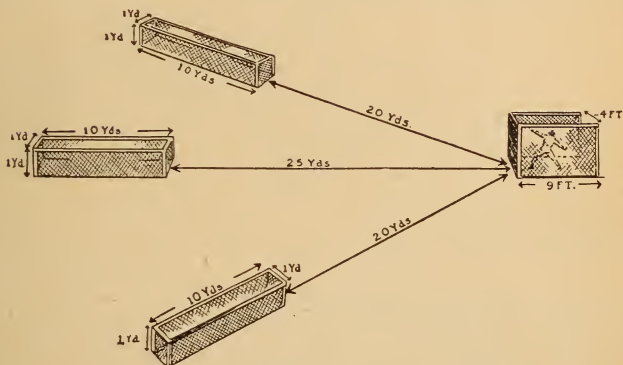


Fig 3—Stage Test

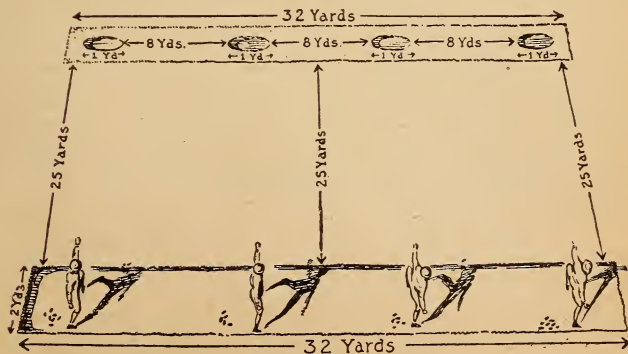
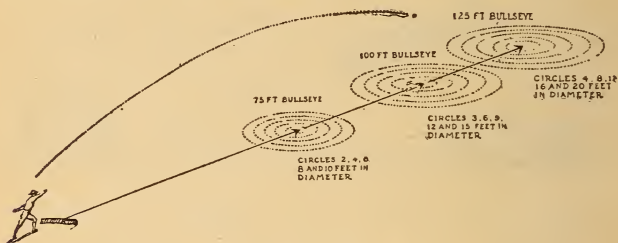


Fig 4—Speed Test

at least 6 feet 6 inches high, so that the targets cannot be seen by the contestant while throwing. The manner of throwing shall be the prescribed military form, a brief description of which is given below. No free style throwing shall be allowed, and a judge shall be appointed to disqualify anyone using other than the approved form. The contestant faces at right angles to the line of throw with the grenade grasped firmly in the palm of one hand. This arm should be extended at the side, while the other arm is outstretched in the opposite direction toward the target so that both arms and shoulders make a straight line. The feet should be about two feet apart, the foot and leg nearest the target being straight and pointing in the direction of the throw, while the other leg is bent at the knee, the foot being at right angles to the line of throw. The body is bent sideways at the waist and hip. To throw, the leg and body are straightened and the throwing arm is brought up in a vertical plane passing through the target, while the other arm is brought down sharply. The grenade is released at the highest point of the arc. The arms must be kept straight, the elbow being bent only slightly, if at all.



Seventy-five feet from the throwing line a bullseye target with five concentric circles, respectively 2, 4, 6, 8 and 10 feet in diameter, shall be marked on the ground. One hundred feet away a second target shall be laid out, the inner circle being 3 feet and the others 6, 9, 12 and 15 feet in diameter respectively. One hundred and twenty-five feet away from the throwing line a third target shall be laid out, the smallest circle being 4 feet and the others 8, 12, 16 and 20 feet in diameter respectively. Each contestant shall have three throws at each target. Each grenade landing in the smallest circle shall score 5 points; between the smallest and the next largest circle, 4 points; between the second and the third circles, 3 points; between the third and the fourth circles, 2 points, and between the fourth and the largest circle, 1 point.

This shall be a team event, with four men representing each institution. The college obtaining the greatest number of points shall be declared the winner and shall score 5 points, the other positions counting 3, 2 and 1 points, as in the relay race. A medal shall also be given for the best individual score.

Rules for Trench Ball, or Grenade Ball

Reg. U. S. Pat. Off.

By **LIEUT. LOUIS C. SCHROEDER,**
Air Service, National Army.

FIELD.

The lines at the ends of the field shall be parallel to each other and shall be known as trench lines. The length of the trench lines and their distance apart depends upon the number of players. Trench lines 150 feet to 300 feet long and 500 feet to 900 feet apart are suggested for teams with 25 to 250 players on a side. Whenever there are more than 100 players on a side, the trench lines should be at least 300 feet long and 900 feet apart.

The two lines for the "throw-off" shall be placed 50 feet on each side of the center of the field and parallel to the trench lines.

EQUIPMENT.

The ball shall be the Spalding Official Trench Ball. One ball shall be used for every twenty players.

PLAYERS.

Any number on a side; from 10 to 250 players.

OBJECT OF THE GAME.

To throw the balls over the opponent's trench lines, thereby scoring a point for every ball that crosses the trench line. The side with the greatest number of points wins. Whenever a ball has been thrown across the trench line it is not again put into play.

LENGTH OF THE GAME.

The length of the game shall be agreed upon by the captains before the game and may vary from 15 to 30 minutes. The teams shall change ends at the half. There shall be an intermission of 5 minutes between halves.

THE THROW-OFF.

The winner of the toss has the choice of the goal or the throw-off. The loser of the toss shall have the same privileges at the beginning of the second half as the winner of the toss had at the beginning of the game. At the beginning of either half the ball shall be put into play from the throw-off line. Each side must be behind its own throw-off line.

RULES GOVERNING THE COMPETITIONS.

The sides shall throw alternately. The ball must be thrown similar to the throw that is used with "Hand Grenade" (straight over-arm throw). A player who catches a ball on the fly may advance three steps toward his opponent's trench and then throw it. If the ball is not caught, then it is returned from the spot where it stops. The ball must be thrown by the man who first secures it.

OFFICIALS.

There shall be a referee, who shall also act as a timekeeper.

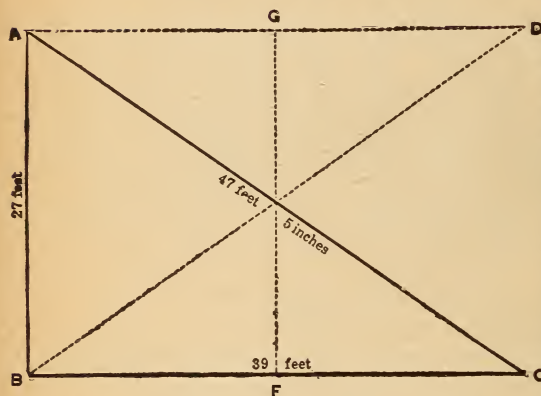
SUGGESTIONS IN PLAYING THE GAME.

A fly ball that is caught should be immediately returned. Throw the ball into uncovered field space, so as to prevent a catch.

Whenever an opponent fails to catch a ball the throwing side should immediately advance; whenever a catch is made the throwing side should retreat.

Attack the weak spots in an opponent's line.

How to Lay Out a Tennis Court



As a double court practically includes every line to be found in a single court, it is best to take first the measure for the latter. Having determined the position of your net, plant in the ground, in the line chosen, two pegs, 27 feet apart (at the points A and B in the diagram). Then take two measures and attach their respective ends to the pegs A and B. On the first, which will measure the diagonal of the court, take a length of 47 feet 5 inches; on the other 39 feet; pull both taut in such directions that at these distances they meet in a point C. This will give one corner of the court. At that point F, 21

feet from B, put in a peg to mark the end of the service-line. The other corner, D, and the other end of the service-line G, may be found by interchanging the measures and repeating the process. The same measurements on the other side of the base-line will complete the exterior boundaries of the court. By prolonging thus obtained, we can make the side-lines of a double court. It only remains to mark the central line. This is done by joining the middle points of the service-lines. If a double court alone be required, the interior side-lines need not be prolonged to meet the base-lines. Remember that in all cases the net-posts must stand at a distance of three feet from the side-lines.

For a court where a single or double game can be played, the size is 78 feet in length by 36 in width. $4\frac{1}{2}$ feet inside the side lines, and parallel with them are drawn the service lines.

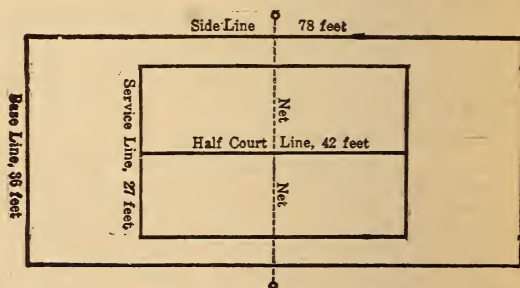


Diagram of Single and Double Court.

Rules for Quoit Throwing

1. All playing to be on stiff clay ends, which must not be less than two feet in diameter, nor less than 6 inches deep.

2. The distance to be 18 yards from center to center of mott (head of pin). The players to stand at a distance not exceeding 3 feet at right angles with the pin.

3. All quoits to be circular in shape and uniform in thickness. Each player to choose his own weight of quoits.

4. The pin to be driven into the ground at an angle of 45 degrees till the mott is level with the clay, and is not to be touched on any account before measurement.

5. The removal of clay from quoits before measurement is allowable provided the quoit is not moved by so doing.

6. All measurements to be made with calipers or compasses and to reach from center of pin to the nearest part of quoit. If a quoit or quoits interferes with a measurement it or they may be removed provided its removal does not interfere with the pin or quoits.

7. Should any motter in removing clay or quoits interfere with the quoits to his opponents' disadvantage the umpire to declare the ends null and void and his opponent to have the privilege of the lead.

8. No players to be allowed to measure shots unless he mott for himself; should the motters fail to agree, the umpire to decide and his decision to be final. No quoit to count when the distance exceeds 20 inches from center of pin.

9. Should a quoit be broken during a game the measure to be taken from the nearest portion of the quoit to the center of the pin and the player allowed another pair of quoits to finish the game.

10. The player is allowed to follow his quoit after delivering it and to see how his opponents' quoits lie.

11. Each player to have a motter if he desires one.

12. An umpire to be appointed whose decision shall be final.

13. The lead to be decided by a toss and the winner of each end to lead at the next; playing alternately.

14. When a number of players are to participate in a match the players shall draw for their opponents by lot. Two sets of figures to be used and the players drawing corresponding numbers to play together.

15. When there is more than one rink they are to be numbered before drawing and the players to take their places according to the numbers drawn. The umpire to have power to change this article if he thinks it necessary, and the players or player not complying with his decision he shall have power to rule them out of the game.

16. When there is an odd number of players the one drawing the blank is called the "Bye." He lays off until all have played and draws in the next round. But no one shall be a "Bye" more than once in a match.

17. When a match ends in three players to decide, two play off and the Bye then plays the winner; should the Bye then win that settles the match. But if the first winner of the round is successful then the Bye and the first loser play off for second and third places.

18. When a match ends with four players and a third prize is given the two players that are beaten shall play for it.

19. Talking to players except by the motter and all improper language is strictly prohibited.

Hand Ball Rules

THE COURT OR ALLEY.

1. A line called the short line must be drawn parallel to the front wall, not nearer to it than half the length, nor further from it than two-thirds of the length of the floor.

Note.—For alleys or courts with a clay floor the short lines should be two-thirds of the length from the front wall, but for concrete, flagged, or bricked floors the short line should be nearer the center.

2. A line should be drawn at the extreme edge of the floor, if there be no back wall, six feet from the boundary, to keep off spectators, and parallel to the front wall. This line to be called the over line.

3. Where there are no side walls, or where the side walls do not extend to the over line, lines should be drawn from the ends of the front wall or side wall to the extremities of the over lines. These lines to be called side lines.

4. A floor should be sixty feet long, or as near to it as possible. A tell-board four inches high should be placed at the base of the front wall. A ball striking the tell-board should be considered as striking the floor. The upper edge of the tell-board should be beveled.

THE BALLS.

5. Spalding balls are official.

THE PLAY.

6. A game to consist of fifteen aces, and to be won by whichever player or team gets this number.

7. A rubber may consist of any odd number of games, and will be won by whichever gains the greater number of games.

8. A "home and home" rubber to be played in the two alleys or courts belonging to the challenged and challenging players—as many games as may be agreed on to be played in the one alley or court, and the remainder or a sufficient number of games to decide the rubber in the second alley or court.

9. Before commencing a rubber the opposing players shall toss for choice of inside or outside ground. One "hand" shall be given for first innings of every game; two "hands" for second and succeeding innings, if there be two players on each side; and three "hands" for third and succeeding innings if there be three players on each side. When one game is finished the winners will have choice of ground.

10. All balls served out from the front wall to the outside must be tossed—that is, hopped and struck with the hand against the front wall. Jerking not to be allowed in inter-alley, championship, or inter-county matches.

11. An ace to count when an outside player misses a ball, fails to return one which has been tossed out or played to him, or makes a "foul." A "hand out" to count when an inside player misses a ball, fails to return one which has been played to him, or makes a "foul."

12. Touching a ball to be considered as playing to it; should it be played to a second time by the player who struck it, or his partner, before reaching the front wall, it shall be foul, and count as an ace or hand out. Playing to a ball on the second succeeding hop to be foul, and an ace or hand out.

13. Should a player catch, or deliberately stop a ball going to the front wall, a hand out or ace should be given according as the offender is an inside or outside player.

14. A ball which crosses the side line or side wall will be an ace or hand out, according as the player who last played to it is an inside or outside player. When a ball crossing the side line be struck at and

missed before it hops, an ace shall be given against the player who missed. If the ball has hopped, and the player is not sure whether it is inside the line or not, he should call for judgment, and proceed as in Rule 23.

15. Should a player strike a ball and it to go up off his partner it is foul, and shall count as an ace or hand out. Should a player strike at a ball with both hands together it is foul.

SERVICE.

16. The partner or partners of the player who is serving must stand at side line or side wall and inside the short line until the ball is served.

17. No ball to be tossed out until the outside players are in position outside the short line. The judge may disallow any ball tossed out before the outside players are prepared, or while a question of judgment is being decided.

18. If the player who is serving tosses the ball over the side line or side wall, it will be a hand out. Should he fail to toss three successive balls between the short and over lines it will be a hand out. Should he strike the ball against the ground, the side wall, or his own person ere striking the front wall, it will be a hand out. Should he miss the ball when tossing it will be a hand out. Should he jerk the ball it will be a hand out. A ball hopping on a line to be over that line.

19. All balls tossed out between the short and over line must be played to unless they have touched the player who served them or his partner after leaving the front wall, or unless the judge disallows them. Should the partner of the player who is serving prevent a ball crossing the side line it will be foul.

20. Should the player who is tossing, or his partner, catch the ball before it hops a second time, it will be a hand out. Should the outside player catch a ball before it hops a second time, unless he be standing four feet outside the over line, it will be an ace.

HINDERS.

21. Should a player strike a ball and it afterwards strike his opponent, it shall be a hinder, and must be played over.

22. Should a ball coming from the front wall strike the player who put it up, or his partner, it is a hinder.

23. Should a player, while the ball is in play, think that a foul has occurred, he must call for judgment and play on. When the ball has been played out the judge will decide if a foul has occurred, and give his decision accordingly. Should no foul have taken place the result of the play will count. The judge may, if he wishes, declare an ace or hand out when a foul occurs without waiting for the ball to be played out.

24. Should a player obstruct another in such a manner that he cannot play, the judge may give a hinder. Should the obstruction be wilful, the judge may give an ace or hand out against the offender.

25. Any ball brought off the front wall in play to or beyond the over line shall count dead and be played over.

26. When a ball is over or short the player may, or may not, as he pleases, play to it. Should he try to play to it and miss, it will be an ace. Should he call "over" or "short," and put the ball up, he will be dead and must be played over.

27. In a court, a ball brought off front wall in play over back wall shall be dead and shall be played over.

28. The decision of the judge to be final.

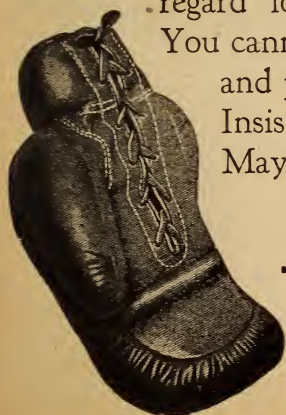


IN BASE BALL—as in many other lines—the “just as good” substitute (and have you ever noticed that it is always “as Spalding’s”?) is sometimes foisted upon defenceless players? Spalding Base Ball goods are Standard. Get the full enjoyment of play by insisting on having Spalding goods.

When you get “over there,” call at our Paris Store, 25 and 27 Rue Tronchet, headquarters for the athlete who is “on leave.”



IN NO LINE of defensive paraphernalia is more care required in manufacture than in a boxing glove. Spalding gloves are made with due regard for the purpose intended. You cannot afford to take chances and possibly be marred for life. Insist upon having Spalding's. May be higher in price, but safe.



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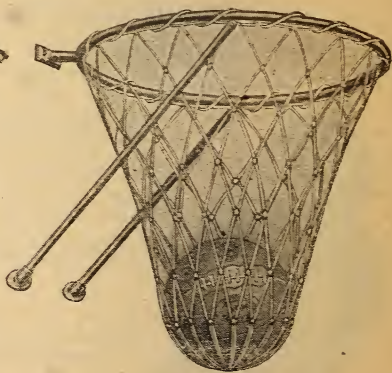
The encouragement given to athletic sport in our Army and Navy is a recognition of the value of physical exercise aside from the benefit of recreation.

In everything of Spalding manufacture, it is not "How cheap?" but "How good?"


Are you playing with a Spalding?"



WHEN Basket Ball was originated twenty-five years ago it was little realized that it would become a worldwide and wartime sport. Spalding basket balls have been made and improved upon with the game's growth. A quarter century's experience is bound up in every stitch of its sewing.



There is a Spalding store in Paris—has been for years—at 27, Rue Tronchet. Needless to say, all Americans are welcome.

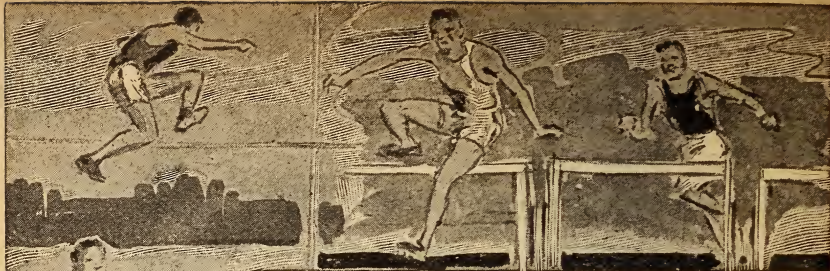


IN THE AIR, on sea and land, the heroes of the mimic wars on the gridiron made their prowess felt in the sterner realities of actual conflict. And in their deeds we always shall have a pardonable interest—equipping, as we have done for years, nine-tenths of the colleges and high schools of the United States.



Over twenty-five years and not a ball “bust” in a championship contest is the remarkable record of the Spalding J5 ball. That means **QUALITY**—only to be obtained by incessant vigilance.

Spalding's Paris store is conveniently located
(see outside back cover for map).



IN TRACK AND FIELD sports Spalding implements have been pre-eminent. From the running shoes for Olympic winners to the missiles of hammer and weight throwers, Spalding goods are always in evidence when championships are won or records made.

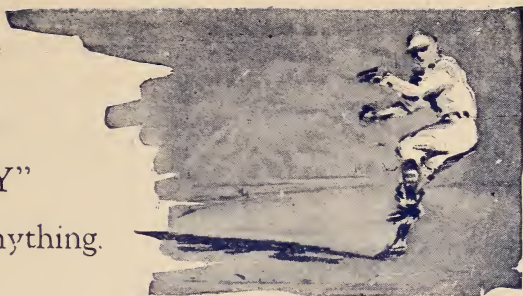
The ruling bodies in European track and field athletics certify to Spalding Quality in the recognition of Spalding implements for use in Olympic and Championship contests.

Don't be led astray by the false cry of cheapness and "just as good." Remember that superiority in competition is the result of Quality in equipment.

It is just as natural to associate "Spalding" and "sport" as it is rain and an umbrella. When you attend a championship contest of any kind, you take it for granted—and rightly—that the equipment is Spalding.

BIG LEAGUE QUALITY"

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PARIS

25 & 27, Rue Tronchet

LONDON

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HOW TO FIND YOUR WAY TO THE SPALDING STORE

This map will show you how to find your way
A. G. SPALDING & BROS.' store in Paris.

Our store is located at Nos. 25 and 27, Rue Truchet, just behind the Madeleine and not far from the Opera House, two of the most famous landmarks of Paris, in the center of the city's life and activity.



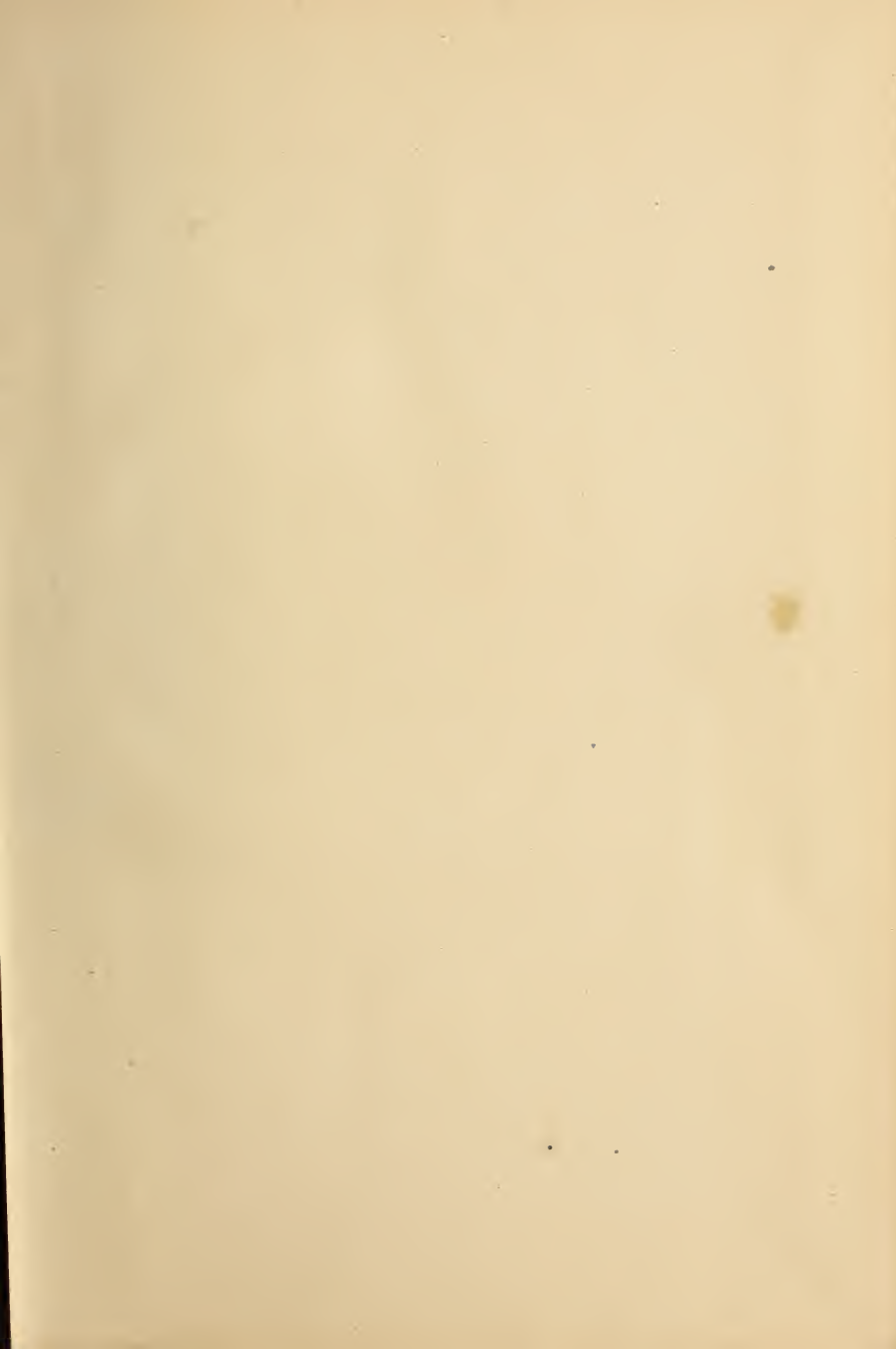
Will you please tell me where I may find A. G. Spalding & Bros.' store?

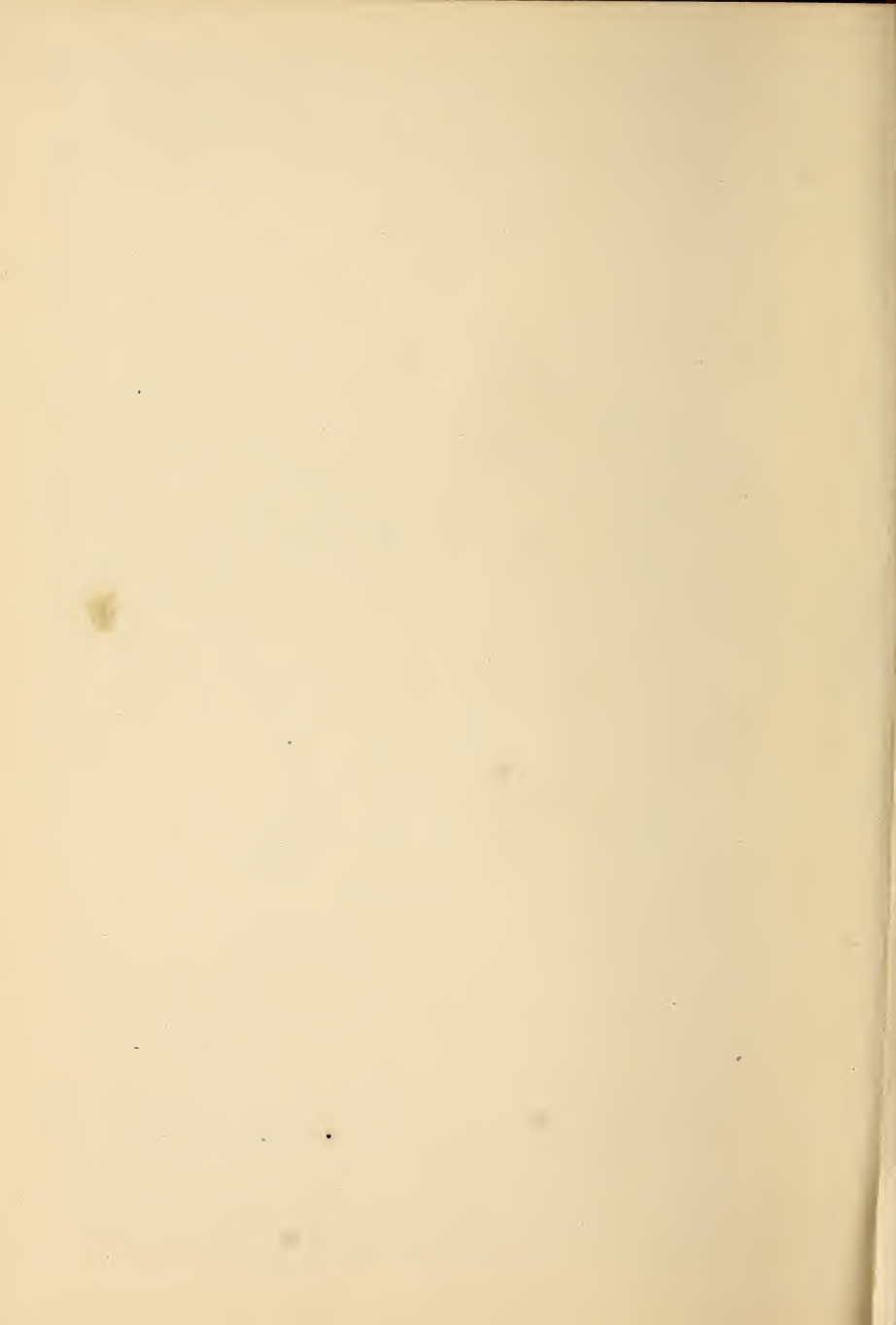
Dites-moi, s'il vous plaît, où est le magasin du sport Spalding?

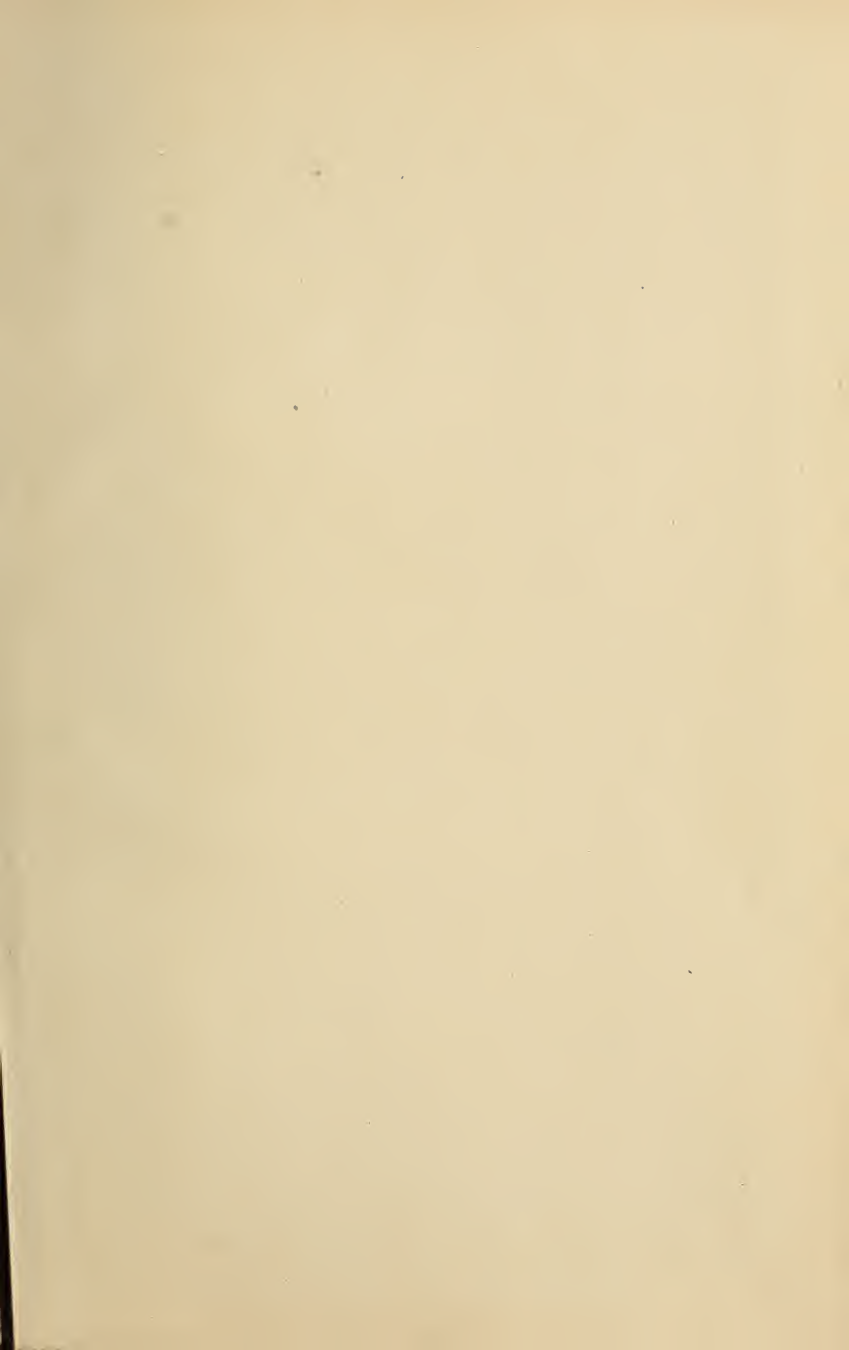
Deet mwah, seel voo play, oo eh leh magahzan doo spor Spalding?

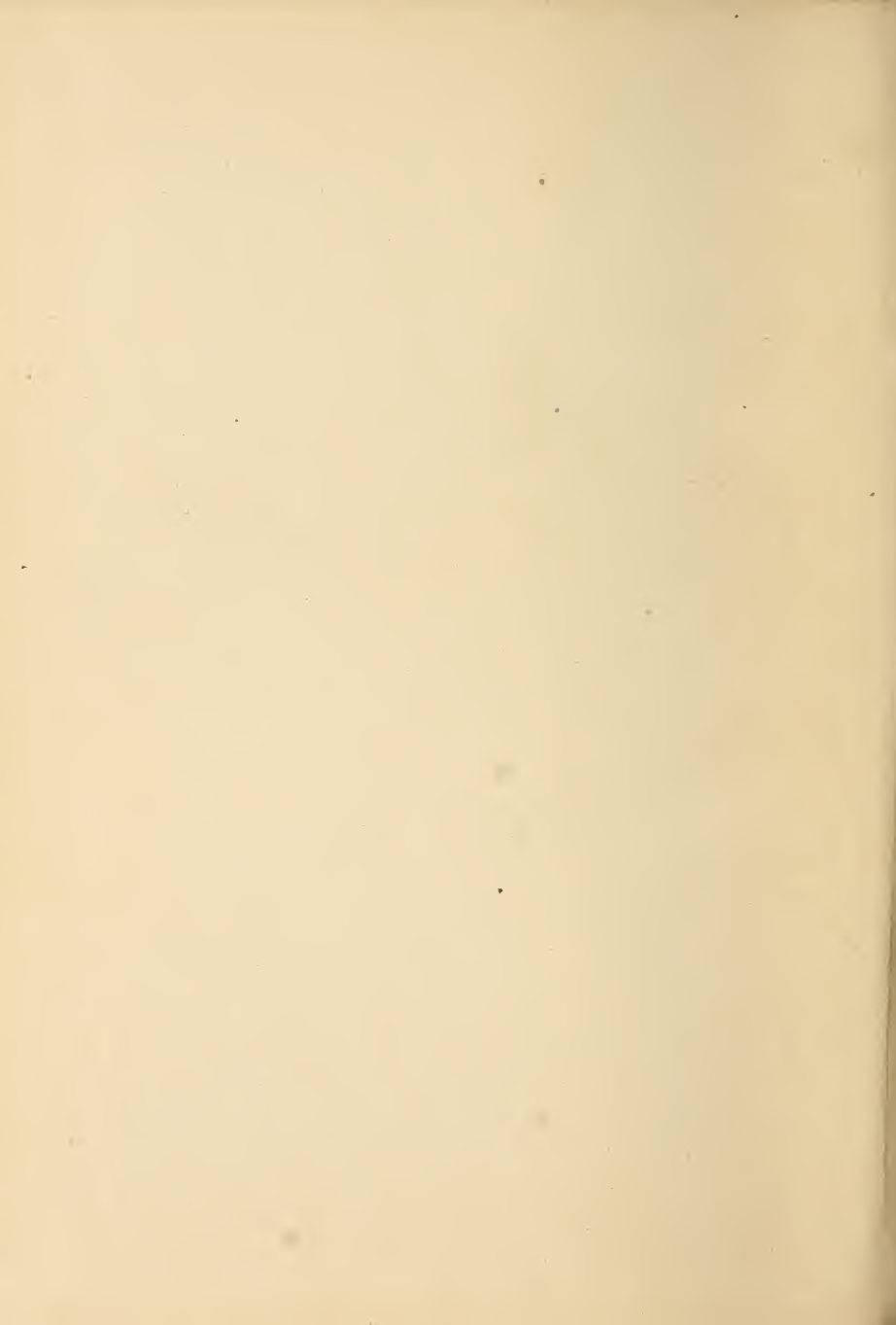
It is near the Madeleine, at Nos. 25 and 27, Rue Tronchet, not far from the Opera.

Il est près de la Madeleine, aux numéros vingt-cinq et vingt-sept, Rue Tronchet, pas loin de l'Opéra.
Eel eh pray dellah Mad-lain, o noome, ro vant sank eh vant set, rii Tronshay, pah lwan deloppayra.









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